**LATCH SCORING CHEAT SHEET**

|  | **0** |  **1** | **2** | **Questions to ask Mother If Feeding Not Observed** | **Scoring Tips** |
| --- | --- | --- | --- | --- | --- |
| **L** **LATCH** | Too sleepy or reluctantNo latch obtained | Repeated attemptsMust hold nipple in mouthMust stimulate to suck | Grasps breastTongue down and forwardLips flangedRhythmic suckling | How did your baby grasp your breast? Did it take several tries? Did your baby suckle on his own or did you have to work with him? | Score 1 if a shield is used for latch. After 24 hours, score 0 for 2 consecutive feeding attempts, refer to pediatrician, Lactation. |
| **A** **AUDIBLE SWALLOWING** | None | A few with stimulation | Spontaneous, intermittent(less than 24 hours old)Spontaneous, frequent(greater than 24 hours old) | Did you hear your baby swallow? How frequently did you hear it? | Score 1 if swallows are heard only if mom uses breast compression. If 0 after 12 hours, consider colostrum supplements. |
| **T****TYPE OF NIPPLE** | Inverted | Flat | Everted (after stimulation) | Do your nipples stand out or do they flatten easily? | Score 1 if mom must do Reverse Pressure Softening before latch |
| **C** **COMFORT****(Breast/Nipple)** | EngorgedCracked, bleeding, large blisters or bruisesSevere discomfort | Filling, Small blisters or bruisesMother complains of pinchingMild/moderate discomfort | SoftTenderIntact nipples (no damage) | Are your nipples tender? Are your breasts becoming full and heavy?  | If score is 0 or 1, notify Lactation for consult. Apply olive oil or lanolin, consider Soothies™ |
| **H****HOLD** **(Positioning)****HELP** | Full assist (staff holds infant at breast) | Minimal assist (i.e. elevate head of bed, place pillows)Teach one side, mother does other.Staff help, mother takes over feeding. | No assist from staff.Mother able to position/hold infant. | Did someone help you put your baby to breast? Do you need help with the next feeding? | If nurse has to be there for entire feeding, score this a 0.If the mother requests help next feeding, score this a 1.  |

A Latch Score should be recorded at least once per shift on Mom’s chart. If nurse is present for feeding, document a latch score as your Nursing Intervention. Nurses’ notes are accessible within the Latch Score documentation.