Healthy Children Project, Inc.'s LAT: Lactation Assessment & Comprehensive Intervention Tool LAT 1

Pre-feeding		Latching process		Mouth seal		Mother's comfort level	
Skin-to-skin		Ideal	Observed	Ideal	Observed	Ideal	Observed
O immediately prior to feeding O for minutes prior O no skin-to-skin prior		opposite nipple to start	mouth opposite nipple to start	top and bottom lip sealed	O top and bottom lip sealed O top lip turned in O bottom lip turned in	feeling	O tugging O little discomfort O moderate discomfort O great discomfort
State of baby							O severe discomfort
O deep sleep O light sleep O quiet alert O active alert O crying  Feeding cues exhibited		<b>⋖</b> gape response	O gape response O no gape response	frounded cheek line	O rounded cheek line O not rounded cheek line	Post Feeding	
						Ending feeding	
		f head tilts back	O head tilts back O no head tilt O forehead tilt			Ideal	Observed
				of not dimpled cheek	O not dimpled cheek O dimpled or indented cheek	baby releases nipple	O baby releases O mom breaks suction O baby unable to
O rooting O hand to mouth actions O mouthing/suckling motions O rapid eye movement (REM) O body movements O no feeding cues		S bottom lip and tongue reach breast first	O bottom lip and tongue reach breast first O top lip reaches breast first O top lip and bottom lip reach together				sustain feed
				Rhythm		Baby's tone	
				Ideal	Observed	Ideal	Observed
		During Feeding		bursts of 2:1 or 1:1	O bursts of 2:1 or 1:1 O 4 or more sucks with ? number of swallows O no suck	Soft tone relaxed hands	O soft body tone O relaxed hands O awake/seeking behavior
During Latching-on		Facial proximity					
Baby's body pos	Observed	of nose and chin close to breast	O nose and chin close to breast O nose and/or chin away from breast		O suck but no swallow	Mother's nipple	
						Ideal	Observed
turned toward mother	O turned toward mom O head only turned toward mom			Latch type		<b>  ∅</b> similar to	
		Angle of mouth	an a ning	Ideal	Observed	pre-feed	O similar to pre-feed O shaped by latch
shoulders and hips aligned	O shoulders/hips align O shoulders/hips do not align	Angle of mouth o	Observed	<b>⋖</b> asymmetric	O asymmetric O symmetric		O discolored O inverts after feed O
	 	<b></b>	O ≥ 140° O 91 — 139° O ≤ 90°	Jaw motion		Notes	
<b>⋖</b> arms/hands around breast	O arms/hands around breast O arms/hands not around breast	140°		Ideal	Observed		
				<b></b> ocker rocker	O rocker O piston		

completed by: