

# Skills Competency



## Observing, assessing and assisting breastfeeding

Competency 9 & 12 and Step 5 addresses assisting with latch and position including the mother/parent of a low-birth-weight or sick baby. The following are the performance indicators that measure the staff competency or ability:

Evaluate a full breastfeeding session observing at least 5 points.	Demonstrate at least 3 aspects of how to help achieve a comfortable and safe position for breastfeeding within the first 6 hours after birth and later as needed during the hospital stay.	Demonstrate how to help achieve an effective and comfortable latch, noting at least 5 points.
Help achieve a comfortable and safe position for breastfeeding with a preterm, late preterm, or weak infant at the breast, noting at least 4 points.	Engage in a conversation with a mother/parent of a preterm, late preterm or vulnerable infant (including multiple births) regarding the importance of observing at least 2 subtle signs and behavioural state shifts to determine when it is appropriate to breastfeed.	Engage in a conversation with a mother/parent of a preterm, late preterm, or low-birth-weight infant not sucking effectively at the breast, including at least 5 points.

*Knowledge – what to do; Skills – how to apply Knowledge; Attitude – Know when to apply skills within an appropriate ethical framework*

Skills displayed	Yes/No	K, S, A	Comments
<b>Prepared for the consultation</b> <ul style="list-style-type: none"> <li>Reviewed breastfeeding notes</li> <li>Prepared teaching aids</li> <li>Confident using Breastfeeding Assessment Tool</li> </ul>			
<b>Described to Supervisor:</b> <ul style="list-style-type: none"> <li>Principles of positioning</li> <li>Enabling effective latch</li> <li>Normal sucking patterns</li> </ul>			
<b>Used effective communication skills throughout</b>			
<b>General observation</b> <ul style="list-style-type: none"> <li>of dyad interactions</li> <li>state of mother/parent</li> <li>appearance of breasts and nipples</li> <li>state of the infant</li> </ul>			
<b>Naturalistic observation. Noted</b> <ul style="list-style-type: none"> <li>maternal and infant position</li> <li>how infant achieved latch</li> <li>sucking pattern</li> <li>Asked mother/parent how it felt</li> <li>Highlighted and praised what was right</li> </ul>			
<b>Identified any necessary changes and discussed these with mother/parent</b> <ul style="list-style-type: none"> <li>using simple language</li> <li>using teaching aids</li> <li>involved mother/parent in the process</li> <li>observed improvement through to end of feed</li> </ul>			
<b>Confirmed mother's/parent's understanding of positioning, latch and milk transfer</b>			
<b>Completed documentation as appropriate</b>			



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