



Appendix 3. Correct item checklist for feeding observations		
	Full checklist	Abridged checklist
Mother and baby positioning	<ul style="list-style-type: none"> • Mother comfortable and relaxed • Baby in close contact with mother • Mother reports feeling no pain • Head and neck of infant aligned facing breast • Infant securely held • Baby close to the breast, with the nose close to the nipple • Baby's navel against mother's navel/abdomen • Baby's neck slightly extended • Chin touching breast (or very close to it) • Nipple near upper lip (or under nose) • The nipple appears round and symmetrical at the end of the feeding • Mother-child eye contact, infant with eyes open 	<ul style="list-style-type: none"> • Relaxed mother • Close contact • Painless • Head and breast aligned • Held infant • Nose close to breast • Navel to navel • Slightly extended neck • Chin against breast • Nipple in upper lip • Round, symmetrical nipple after feeding • Eye contact
Infant	<ul style="list-style-type: none"> • Mouth wide open • Curled upper and lower lips • Tongue cups nipple and areola • Full, round cheeks (no dimples) • There is more areola above the top lip than below • A large part of the areola is in the baby's mouth • Slow and deep sucking • Swallowing can be seen and heard • No clicking or smacking sounds 	<ul style="list-style-type: none"> • Mouth wide open • Curled lips • Tongue cups nipple and areola • No dimples • More areola visible at top • Most of the areola is in mouth • Slow and deep sucking • Swallowing seen and heard • No clicking or smacking sounds • Rapid jaw movements with pauses in between



Appendix 3. Correct item checklist for feeding observations		
	Full checklist	Abridged checklist
	<ul style="list-style-type: none">• Rapid jaw movements with pauses in between• The ears of the infant move with sucking	<ul style="list-style-type: none">• Ears move
Signs of milk transfer	<ul style="list-style-type: none">• Wetness around baby's mouth• Infant's limbs relax progressively• The breast gradually softens• Milk leaking from the opposite nipple• Mother feels signs of milk ejection (thirst, relaxation or drowsiness, uterine contractions)• Infant releases nipple spontaneously at end of feeding• Infant appears satisfied after feeding	<ul style="list-style-type: none">• Milk seen• Progressive infant relaxation• Breast softens• Milk leaking from the opposite nipple• Signs of letdown• Spontaneous release of nipple• Satisfied after feeding

Source: Gómez Fernández-Vegue M, Menéndez Orega M. Validación de un cuestionario sobre conocimientos y habilidades en lactancia materna. [An Pediatr \(Barc\). 2015;83:387-96.](#)