

# Pocket Card Tips

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## LATCHES ASSESSMENT<sup>1</sup>

- L: Latch
- A: Audible swallowing
- T: Type of nipple/Shape after feeding
- C: Comfort level – Breast/Nipple/General Feeding
- H: Hold/Positioning
- E: Elimination – Urine/Stool size & color
- S: Satiation

## POSITIVE MESSAGES<sup>2</sup>

- L: Listen to your patients – ask open ended questions to learn more
- O: Observe a feeding – this will give you a better idea of what is really happening
- V: Validate her feelings and concerns – this will show that you value her
- E: Empower her with Education and Encouragement!

## AVERAGE INFANT INTAKE<sup>3</sup>

Age	Capacity of infant stomach
Day 1	2-10 ml per feeding
Day 2	5-15 ml per feeding
Day 3	15-30 ml per feeding
Day 4	30-60 ml per feeding

If a breastfed baby needs supplementation:

1. Supplement should be within the range of normal stomach capacity
2. Consider alternative feeding methods – avoid bottles
3. Initiate hand expression/pumping to help establish milk supply

## TROUBLE SHOOTING

### Sore Nipples:

1. Observe a feeding: Correct position and latch
2. Rotate positions – use least sore side first
3. Refer to IBCLC

### Difficult Latch/Breast Refusal

1. Avoid bottle nipples – use alternative feeding methods prn
2. Skin to skin before and after feedings
3. Refer to IBCLC

<sup>1</sup>Management for Clinicians: Using the Evidence, Jones & Bartlett Publishers, New York, 2010.

<sup>2</sup>WIC Value Enhanced Nutrition Assessment, WIC Staff News. Texas Department of State Health Services, 2017  
[https://www.dshs.texas.gov/wichd/nut/vena\\_newsletter/Vena\\_Articles/LoveMethod.sht.Acce](https://www.dshs.texas.gov/wichd/nut/vena_newsletter/Vena_Articles/LoveMethod.sht.Acce)  
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<sup>3</sup>Supplementary Feedings in the Healthy Term Breastfed Neonate, Academy of Breastfeeding Medicine's Clinical Protocol #3, 2017