

SOP

**Assessment of Breastfeeding Positioning and
Attachment**

Department of Public Health
Faculty of Medicine
UWUSL

Standard Operating Procedure (SOP) on Assessment of Breastfeeding Positioning and Attachment

1. Title

Assessment of Breastfeeding Positioning and Attachment

2. Issued by

Department of Public Health, Faculty of Medicine, Uva Wellassa University of Sri Lanka

3. Purpose

To establish a standardized procedure for assessing breastfeeding technique and correcting positioning and attachment to ensure effective feeding, adequate nutrition, and prevention of complications.

4. Scope

This SOP applies to:

- Medical students during clinical appointments (Paediatrics, Obstetrics, Public Health, Child Welfare Clinics)
- Nursing and midwifery trainees
- Healthcare staff in maternity and community settings

5. Responsibilities

5.1 Medical Students

- Observe and assess breastfeeding technique
- Identify correct and incorrect practices
- Assist in correcting positioning and attachment
- Communicate findings clearly to supervisors

5.2 Supervising Medical Officers / Tutors

- Guide and supervise assessment
- Provide teaching and feedback
- Ensure safe and respectful care

6.. Ethical and Professional Considerations

- Maintain confidentiality
- Obtain informed consent from mother
- Ensure privacy and comfort
- Be respectful and non-judgmental
- Provide clear explanations

7.. Preparation

7.1 Environment

- Quiet, private, well-lit area

7.2 Materials

- Chair/bed for mother
- Clean cloth/towel

7.3 Preparation of Mother

- Wash hands
- Ensure comfortable position
- Encourage relaxed state



8.. Assessment of Positioning

1) Help Mother to Position Her Baby and latching on (Attachment) technique

1. Greet the mother and ask how breastfeeding is going.
2. Assess a breastfeed.
3. Explain what might help, and ask if she would like you to show her.
4. Make sure that she is comfortable and relaxed.
5. Sit in a comfortable, convenient position.
6. Explain how to hold her baby, and show her if necessary.



2) Show her how to hold baby

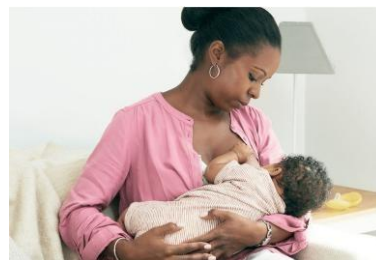
1. Head and body are straight.



2. Face is towards breast and his nose is opposite her nipple
3. Body is close to mother's body



4. Support his bottom if baby is a newborn



5. Baby's abdomen must be touching mother's abdomen



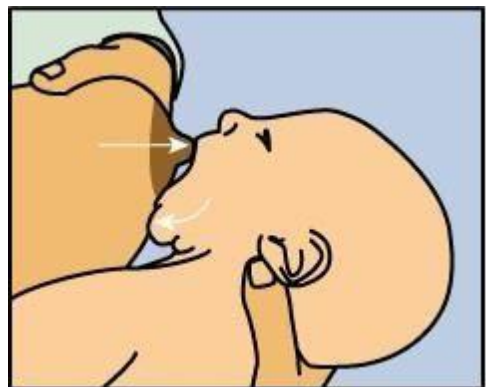
9. Assessment of Attachment (Latch)

1) Show her latching-on technique

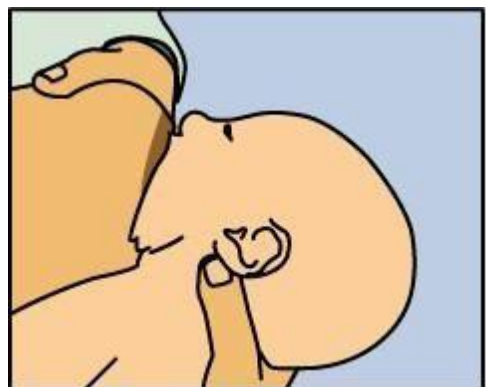
1. Her fingers are against her chest wall below her breast.
2. Her hand is supporting the breast with the thumb above.
3. Mother's fingers should not be too near the nipple.



4. Explain or show her how to help baby to latch-on or attach
5. Let her touch baby's lips with her nipple or have her stroke baby's cheek with one finger and wait until mouth is wide open



6. Moving baby quickly onto her breast and aiming her nipple towards the roof of baby's mouth



2) Identify signs of Good Attachment

1. Mouth wide open



2. Lower lip turned outward



3. Tongue cup around breast

4. Cheek round and ballooned

5. More areola visible above than below



6. Slow deep sucks, burst with pause,
able to see or hear swallowing



3) Identify signs of bad Attachment

- Shallow latch

Bad (shallow) latch



- Mouth open a little
- Only nipple is covered
- Chin not against breast

- Lips tucked in



- Painful feeding



10. Documentation

Record:

- Positioning: Correct / Incorrect
- Attachment: Good / Poor
- Suckling: Effective / Ineffective
- Problems identified
- Advices given

Reference;

WHO breastfeeding manual

Edited by;

Dr. N.M.C. Lakshrieni Nishshanka,
Consultant Community Physician
Department of Public Health,
Uva Wellassa University of Sri Lanka

Dr. Sudath Abeywickrama
Head of the Department (Acting)
Department of Public Health
Faculty of Medicine
Uva Wellassa University of Sri Lanka

Snr. Prof. Muditha Vidanapathirana
Dean
Faculty of Medicine
Uva Wellassa University of Sri Lanka

Dr. Jayani Thilakarathna
Temporary Demonstrator
Department of Public Health
Uva Wellassa University of Sri Lanka

Date of Implementation;

06.05.2026