



# LATCH - Breastfeeding Chart System

	<b>0</b>	<b>1</b>	<b>2</b>
<b>L</b> <b>LATCH</b>	Too sleepy or reluctant  No latch achieved	Repeated attempts  Hold nipple in mouth  Stimulate to suck	Grasps breast  Tongue down  Lips flanged  Rhythmical sucking
<b>A</b> <b>AUDIBLE SWALLOWING</b>	None	A few with stimulation	Spontaneous & intermittent < 24 Hr  Spontaneous & frequent
<b>T</b> <b>TYPE OF NIPPLE</b>	Inverted	Flat	Everted (after stimulation)
<b>C</b> <b>COMFORT (Breast/Nipple)</b>	Engorged  Cracked, bleeding, blisters, bruises  Severe discomfort	Filling  Reddened / small blisters or bruises  Moderate discomfort	Soft  Non - tender
<b>H</b> <b>HOLD (Positioning)</b>	Full assist (staff holds)	Minimal assist (ie, pillows, ↑HOB)  Teach one side, Mom does other  Staff holds -> Mom takes over	No assist from staff  Mom able to position / hold baby

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Jenson, D; Wallace, S; Kelsay, P (1994). LATCH: A Breastfeeding Charting System & Documentation Tool  
JOGNN 23, 27-32.

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