



**Optimizing Newborn  
Nutrition  
Microlesson**

**Infant Feeding Assessment:  
*Using the LATCH score***



# Background



# Limitations



## Limited Research

- Few studies
- Small sample size in existing research
- Poor representation → limited powers of explanation and generalization

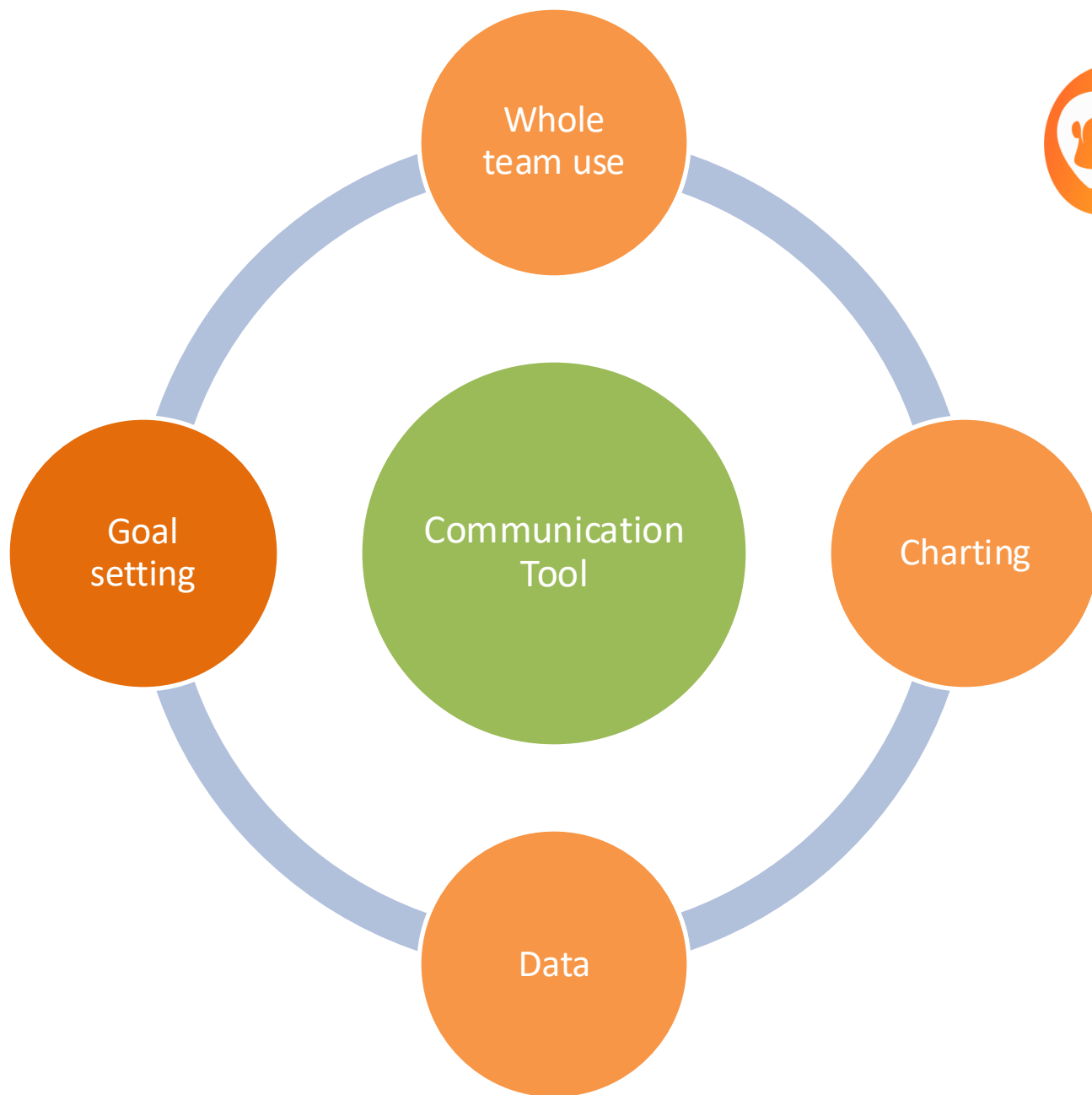
## Variable Assessment Components

- No consensus
- Currently existing tools vary greatly
- Variable components complicates comparison validity

## Accuracy of current tools

- Author bias
- No clear assessment components or successful feeding definitions





	0	1	2
<b>L</b> Latch	Too sleepy or reluctant No latch achieved	Repeated attempts Hold nipple in mouth Stimulate to suck	Grasps breast Tongue down Lips flanged Rhythmic sucking
<b>A</b> Audible swallowing	None	A few with stimulation	Spontaneous and intermittent > 24 hours old Spontaneous and frequent < 24 hours old
<b>T</b> Type of nipple	Inverted	Flat	Everted (after stimulation)
<b>C</b> Comfort (breast/ nipple)	Engorged Cracked, bleeding, large blisters or bruises Severe discomfort	Filling Reddened/small blisters or bruises Mild/moderate discomfort	Soft Nontender
<b>H</b> Hold (positioning)	Full assist (staff holds infant at breast)	Minimal assist (e.g., elevate head of bed, place pillows for support) Teach one side; mother does other Staff holds and then mother takes over	No assist from staff  Mother able to position and hold infant



# **L in LATCH: Infant's ability to Latch to the breast**





**A in LATCH:**  
**Amount of**  
**Audible**  
**swallowing**  
**noted**



# T in LATCH: Mother's nipple Type





# C in LATCH: Mother's Comfort



# H in LATCH: Help to Hold infant?



Photo credit: U.S.  
Breastfeeding  
Committee,  
Image Gallery



# Using the LATCH Tool



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# References



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Images: <https://www.pexels.com/license/> and U.S. Breastfeeding Committee, Image Gallery

