



BREASTFEEDING AND LATCH SCORE: WHAT IS IT ?

LATCH is an acronym to describe five critical elements of breastfeeding and each letter of the acronym stands for:

Element	Score 0	Score 1	Score 2
L Latching	No Latch	The Mother needs assistance in holding the nipple to the infant's mouth	Mother and baby achieve comfortable latching without assistance
A Audible swallowing / sucking	None	Intermittent sucking on being stimulated	Spontaneous, audible sucking
T Type of nipple	Inverted type	Flat type	Everts on stimulation
C Comfort/ Breast drainage	Fuller, engorged breasts/ sore, cracked or bleeding in breast region with discomfort	Softer breasts, filling with milk, mild bruising or discomfort	Soft breasts after a feed, no tenderness / discomfort
H Hold/ positioning	Staff must help the baby latch/attach	Baby latches with minimal assistance but needs attachment support	Mother positions and attaches baby herself without assistance