

LATCH Assessment Tool

- The LATCH system assigns a numerical score of 0, 1, or 2 to five key components of breastfeeding for a possible total score of 10 points.
- Ideally, the quality of the infant's latch should be assessed twice over a 24 hour period by two different healthcare providers and documented. (For example, the nurse can review the LATCH scores from the previous shift and see that there has been improvement related to the "hold" attribute, with the mother able to position without help. However, the nurse may see that the "comfort" characteristic has worsened over time and therefore needs follow-up. This collaborative approach provides a consistent measure of the progress of breastfeeding.)
- Make copies of this tool to use in your practice.

	0	1	2	Score
L Latch	Too sleepy No sustained latch or suck	Repeated attempts for latch or suck Hold nipple in mouth	Grasps breast Tongue down Lips flanged Rhythmical sucking	
A Audible swallowing	None	A few with stimulation	Spontaneous and intermittent (<24 hrs)	
T Type of nipple	Inverted	Flat	Everted (after stimulation)	
C Comfort	Engorged Cracked, bleeding, large blisters, or bruises	Filling Reddened, small blisters or bruises	Soft Non-tender	
H Hold	Full assist (staff holds infant at breast)	Minimal assist (staff holds, then mother takes over)	No assist from staff Mother able to position and hold infant	
				TOTAL:

Jenson, Wallace & Kelsay (1994). LATCH: A breastfeeding charting system and documentation tool. *JOGNN*, 23(1):29.