

Effective/Ineffective Breastfeeding

Low effort	Moderate effort	Strong Effort
<p>No rooting or some rooting behavior—opens mouth, sticks out tongue. No latch or puts mouth to nipple but does not latch or just licks nipple. No sucking or short periods of flutter sucking.</p>	<p>Some rooting to moderate rooting – tongue sticking out, opening mouth, trying to eat hands.</p> <p>Latches to nipple only or all the way to areola.</p> <p>Short sucks (2-9 sucks) – may look more like a flutter movement.</p> <p>Needs encouragement from parent to keep sucking.</p> <p>Occasional swallowing (every 6-10 sucks).</p>	<p>Obvious rooting – tongue sticking out, opening mouth, trying to eat hands.</p> <p>Wide latch, all of nipple is in the baby's mouth and much of the areola is as well.</p> <p>Repeated (more than 2 times) long sucking bursts (10+ sucks) with minimal or without any encouragement from parent.</p> <p>Frequent swallowing heard (every 1-3 sucks).</p>

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This information does not replace your provider's medical advice, treatment plan, or education provided by your nurse or other care provider. Be sure to follow your personalized plan of care. Nothing on this sheet is considered medical advice, diagnosis or treatment. If you have questions about this or any other medical information, talk with your care provider. Seek help right away if you need urgent medical attention. If you are outside the hospital, call 911. If you are a patient in the hospital, ask your nurse or other member of your care team for help.

Ask a staff member about interpreters and other language access services and aids, available at no cost to patients and families.
Pregúntenos acerca de los intérpretes y otros servicios y ayuda para el acceso al idioma que están a su disponibilidad sin costo alguno.

