

LATCH SCORING CHEAT SHEET

	0	1	2	Scoring
LATCH	Too sleepy or reluctant No latch obtained	Repeated attempts Must hold nipple in mouth Must stimulate to suck	Grasps breast Tongue down and forward Lips flanged Rhythmic suckling	
AUDIBLE SWALLOWING	None	A few with stimulation	Spontaneous, intermittent (less than 24 hours old) Spontaneous, frequent (greater than 24 hours old)	
TYPE OF NIPPLE	Inverted	Flat	Everted (after stimulation)	
COMFORT (Breast/Nipple)	Engorged Cracked, bleeding, large blisters or bruises Severe discomfort	Filling, Small blisters or bruises Mother complains of pinching Mild/moderate discomfort	Soft Tender Intact nipples (no damage)	
HOLD (Positioning) HELP	Full assist (staff holds infant at breast)	Minimal assist (i.e. elevate head of bed, place pillows) Teach one side, mother does other Staff help, mother takes over feeding	No assist from staff Mother able to position/hold infant	

It is recommended to document a LATCH score once per shift.

Adapted from Jenson D., Wallace S., Kelsay P. (1994). LATCH: A breastfeeding charting system and documentation tool. *JOGNN*, 23(1): 29.