



## NEONATAL EATING ASSESSMENT TOOL - BREASTFEEDING (NeoEAT – Breastfeeding)

**Intended Use:** The NeoEAT – Breastfeeding is intended to assess observable symptoms of problematic feeding in infants < 7 months of age who are breastfeeding. The NeoEAT – Breastfeeding is intended to be completed by a caregiver that is familiar with the child’s typical eating. This is most often a parent, but may be another primary care provider.

**Disclosure:** The NeoEAT – Breastfeeding does not replace a healthcare provider’s clinical assessment. The NeoEAT – Breastfeeding is also not intended to provide a diagnosis, but instead may provide the healthcare provider with an objective assessment of the infant’s feeding in order to facilitate diagnosis and treatment decisions.

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**Referencing Information:** Please give appropriate credit to the authors when presenting, publishing, or otherwise referencing the Neonatal Eating Assessment Tool – Breastfeeding (NeoEAT – Breastfeeding).

Pados, B., Estrem, H., Thoyre, S., Park, J., & McComish, C. (2017). The Neonatal Eating Assessment Tool (NeoEAT): Development and content validation. *Neonatal Network: The Journal of Neonatal Nursing*, 36(6), 359-367. doi: 10.1891/0730-0832.36.6.359

Pados, B. F., Thoyre, S. M., Estrem, H. H., Park, J., & McComish, C. (2018). Factor structure and psychometric properties of the Neonatal Eating Assessment Tool–Breastfeeding. *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 47(3), 396-414. doi.org/10.1016/j.jogn.2018.02.014

Pados, B. F., Park, J., & Thoyre, S. M. (2020). Neonatal Eating Assessment Tool—Breastfeeding: Reference values for infants less than 7 months old. *Journal of Human Lactation*, 36(2), 236-244. doi.org/10.1177/0890334419869598

**PLEASE CHECK THE FEEDING FLOCK TEAM WEBSITE FOR UPDATES:**

[www.feedingflockteam.org](http://www.feedingflockteam.org)



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## NEONATAL EATING ASSESSMENT TOOL - BREASTFEEDING (NeoEAT – Breastfeeding)

Directions: We are interested in learning about your baby's eating and behavior. When filling this out, think about what is typical for your baby at this time (in the past week). This version of the NeoEAT is intended for babies who have fed at the breast in the past week.

<b>INFANT REGULATION</b>							
My baby...	Never	Almost Never	Some times	Often	Almost Always	Always	Score
1. enjoys eating.	5	4	3	2	1	0	
2. opens mouth to accept the breast.	5	4	3	2	1	0	
3. eats enough to have at least 5 wet diapers per day (24 hours).	5	4	3	2	1	0	
4. sucks strong enough to get milk from the breast.	5	4	3	2	1	0	
5. stays latched on to the breast (with or without a nipple shield).	5	4	3	2	1	0	
6. is satisfied after eating.	5	4	3	2	1	0	
7. lets me know when he/she is hungry or thirsty.	5	4	3	2	1	0	
8. is calm and relaxed when eating.	5	4	3	2	1	0	
9. roots when hungry (for example, sucks on fist, smacks lips, looks for breast/bottle)	5	4	3	2	1	0	
10. is easy to console when upset (for example, stops crying when held or offered a pacifier).	5	4	3	2	1	0	
11. lets me know when he/she is done eating.	5	4	3	2	1	0	
12. stools/poops at least once per day (24 hours).	5	4	3	2	1	0	
13. sleeps well lying flat on his/her back.	5	4	3	2	1	0	
14. likes to put fingers and/or toys in mouth.	5	4	3	2	1	0	
<b>INFANT REGULATION SUBSCALE SCORE</b>							

<b>ENERGY &amp; PHYSIOLOGIC STABILITY</b>							
My baby...	Never	Almost Never	Some times	Often	Almost Always	Always	Score
15. gets exhausted during eating and is not able to finish.	0	1	2	3	4	5	



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My baby...	Never	Almost Never	Some times	Often	Almost Always	Always	Score
16. is exhausted after eating.	0	1	2	3	4	5	
17. needs to be encouraged to keep eating (such as, by touching or talking).	0	1	2	3	4	5	
18. takes more than 30 minutes to eat (including rest/burping periods).	0	1	2	3	4	5	
19. can only suck a few times before needing to take a break.	0	1	2	3	4	5	
20. refuses the breast before having eaten enough (such as, turns head, pushes breast away, pushes nipple out of mouth with tongue).	0	1	2	3	4	5	
21. needs help latching on to the breast (for example, needs a nipple shield or positioning help).	0	1	2	3	4	5	
22. needs to rest during eating to catch his/her breath.	0	1	2	3	4	5	
23. tilts head back during or after eating.	0	1	2	3	4	5	
24. breathes faster or harder when eating.	0	1	2	3	4	5	
<b>ENERGY &amp; PHYSIOLOGIC STABILITY SUBSCALE SCORE</b>							

ORAL-PHARYNGO-ESOPHAGEAL FUNCTION							
My baby...	Never	Almost Never	Some times	Often	Almost Always	Always	Score
25. has a hard time handling how fast milk comes out of the breast (for example, chokes, coughs, gags, or pulls off the breast).	0	1	2	3	4	5	
26. chokes or coughs during eating.	0	1	2	3	4	5	
27. coughs in between feedings.	0	1	2	3	4	5	
28. arches back during or after eating.	0	1	2	3	4	5	
29. becomes stiff/rigid during or after eating.	0	1	2	3	4	5	
30. gulps when eating (swallows loudly).	0	1	2	3	4	5	
31. coughs or chokes on saliva/spit when not eating.	0	1	2	3	4	5	



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32. becomes upset during feeding (whines, cries, gets fussy).	0	1	2	3	4	5	
33. sounds gurgly or like they need to cough or clear their throat during or after eating.	0	1	2	3	4	5	
34. gets a stuffy nose when eating.	0	1	2	3	4	5	
<b>ORAL-PHARYNGO-ESOPHAGEAL FUNCTION SUBSCALE SCORE</b>							

<b>GASTROESOPHAGEAL FUNCTION</b>							
My baby...	Never	Almost Never	Some times	Often	Almost Always	Always	Score
35. spits up during feeding.	0	1	2	3	4	5	
36. throws up during feeding.	0	1	2	3	4	5	
37. spits up in between feedings.	0	1	2	3	4	5	
38. throws up in between feedings.	0	1	2	3	4	5	
39. is uncomfortable if laid flat after eating.	0	1	2	3	4	5	
40. needs to be burped more than once before the end of feeding.	0	1	2	3	4	5	
<b>GASTROESOPHAGEAL FUNCTION SUBSCALE SCORE</b>							

<b>GASTROINTESTINAL FUNCTION</b>							
My baby...	Never	Almost Never	Some times	Often	Almost Always	Always	Score
41. turns red in face, may cry with stooling/pooping.	0	1	2	3	4	5	
42. gets a bloated (big or hard) tummy after eating.	0	1	2	3	4	5	
43. has hard stools/poop.	0	1	2	3	4	5	
44. is very gassy.	0	1	2	3	4	5	
45. has diarrhea.	0	1	2	3	4	5	
46. seems uncomfortable after feeding.	0	1	2	3	4	5	
47. gets the hiccups.	0	1	2	3	4	5	



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<b>GASTROINTESTINAL FUNCTION SUBSCALE SCORE</b>
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<b>FEEDING EFFICIENCY &amp; SENSORY RESPONSIVENESS</b>
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My baby...	Never	Almost Never	Some times	Often	Almost Always	Always	Score
48. wants to eat again within an hour after feeding.	0	1	2	3	4	5	
49. eats more than 12 times per day (24 hours).	0	1	2	3	4	5	
50. gags in between feedings when there is nothing in his/her mouth.	0	1	2	3	4	5	
51. gets upset when something touches his/her face or mouth.	0	1	2	3	4	5	
52. gags on a pacifier or toys put in mouth.	0	1	2	3	4	5	
53. gags on the breast.	0	1	2	3	4	5	
54. drools milk out of the side of the mouth when feeding.	0	1	2	3	4	5	
55. holds breath when eating.	0	1	2	3	4	5	

<b>FEEDING EFFICIENCY &amp; SENSORY RESPONSIVENESS SUBSCALE SCORE</b>
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<b>COMPELLING SYMPTOMS OF PROBLEMATIC FEEDING</b>
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My baby...	Never	Almost Never	Some times	Often	Almost Always	Always	Score
56. needs tube feedings.	0	1	2	3	4	5	
57. has blood or mucous in stool/poop.	0	1	2	3	4	5	
58. gets pale or blue color around lips when eating.	0	1	2	3	4	5	
59. has milk come out of nose when eating.	0	1	2	3	4	5	
60. gets watery eyes when eating.	0	1	2	3	4	5	
61. sweats/gets clammy when eating.	0	1	2	3	4	5	
62. gets red color around eyes or face when eating.	0	1	2	3	4	5	

<b>COMPELLING SYMPTOMS OF PROBLEMATIC FEEDING SUBSCALE SCORE</b>
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# NEONATAL EATING ASSESSMENT TOOL - BREASTFEEDING (NeoEAT – Breastfeeding)

If you would like to explain any of your responses, please do so here:

## Scoring Summary

Scores are assigned to the NeoEAT items with low scores indicating no problems and high scores indicating more problematic behaviors. In each subscale, there are numbers which indicate the score assigned to each response in that subscale. Note that the scores assigned to the responses in the Infant Regulation subscale go from 5 to 0, while the scores assigned to responses in all other subscales go from 0 to 5.

To calculate the subscale score, sum the score from each item in that subscale. Copy the subscale scores to the table below. To calculate the total score, sum all the subscale scores.

<b>Subscale</b>	<b>Score</b>
Infant Regulation	
Energy & Physiologic Stability	
Oro-Pharyngo-Esophageal Function	
Gastroesophageal Function	
Gastrointestinal Function	
Feeding Efficiency & Sensory Responsiveness	
Compelling Symptoms of Problematic Feeding	
<b>Total Score</b>	

**Please see the scoring guidelines for interpretation of the score using percentiles and T-scores.**