

About the Questionnaires We Use

A short explanation of the two tools used during your IBCLC sessions

During your sessions with the HSTS&W; Community IBCLC you may be asked to complete a short questionnaire, and your IBCLC will complete a brief assessment during a feed. This page explains what these are, why we use them, and what happens with the information.

The Confidence Questionnaire (BSES-SF)

What is it?

The Breastfeeding Self-Efficacy Scale Short Form (BSES-SF) is a 14-question questionnaire about how confident you feel in your ability to breastfeed. It was developed by researchers in Canada and has been tested and validated across the UK and internationally. Each question asks you to rate your confidence on a scale of 1 (not at all confident) to 5 (always confident).

Why do we use it?

Research shows that how confident a mother feels about breastfeeding is one of the strongest predictors of whether she will continue. By asking you to complete this questionnaire at your first appointment and again when your support ends, we can see whether your confidence has grown — which tells us whether the support made a real difference.

What happens with your score?

Your score is recorded in your clinical record and helps your IBCLC understand where extra support might help. Your individual score is never shared outside the HSTS&W; team without your consent. Anonymised scores may be included in reports to Salford City Council to show the overall impact of the service — but these reports will never identify you personally.

The Feed Assessment (LATCH)

What is it?

The LATCH tool is a short clinical assessment your IBCLC completes while watching you feed your baby. It scores five aspects of the feed — the latch, audible swallowing, nipple type, your comfort level, and how you are holding your baby — each scored 0, 1 or 2. The total score is out of 10. It was developed by IBCLC practitioners and is widely used in infant feeding services.

Why do we use it?

The LATCH assessment gives your IBCLC a clear, consistent picture of how the feed is going at each appointment. By comparing scores across appointments we can see whether things are improving — for example, whether the latch is getting deeper, whether your comfort is increasing, or whether your baby is swallowing more effectively.

Do you need to do anything?

No — your IBCLC completes this themselves during the observed feed. They will always explain what they are seeing and share their findings with you as part of your care plan discussion.

Your Information

All information collected during your sessions — including questionnaire scores and feed assessment results — is held securely by HSTS&W; in line with their data protection policy. You have the right to see any information held about you and to ask for it to be corrected. You may withdraw consent at any time without affecting your access to support.

If you have any questions about these tools or how your information is used, please speak to your IBCLC or contact the HSTS&W; office.

Home-Start Trafford, Salford and Wigan

Community IBCLC Service — part of the Salford Family Hubs infant feeding pathway

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