

# Is Breastfeeding Going Well?

## Questions to ask when your baby is 5 to 7 days old.

If you circle an answer in the right-hand column, call EIRMC's Lactation Consultant at 529-7171.

	SEEK HELP	
1. Have you noticed an increase in your milk supply?	YES	NO
2. Is your baby able to latch to your breast with a full wide mouth?	YES	NO
3. Do you hear your baby swallow for at least 10 minutes?	YES	NO
4. Does your baby let you know when he/she is hungry? (answer NO if you have to wake your baby for most feedings)	YES	NO
5. Does your baby nurse about every 2-3 hours? (at least 8 feedings in 24 hours?)	YES	NO
6. Do your breasts feel full before feedings?	YES	NO
7. Do your breasts feel soft after feedings?	YES	NO
8. Are your nipples so sore that you dread breastfeeding?	NO	YES
9. Is your baby having bowel movements that are soft and yellow with small curds?	YES	NO
10. Is your baby having at least 4 poops in 24 hours?	YES	NO
11. Is your baby having 6-8 wet diapers in 24 hours?	YES	NO
12. Does your baby seem hungry (more than comfort nursing) after most feedings? (Is she/he fussy, want to suck vigorously soon after most feedings?)	NO	YES
13. Do you have any sore or tender areas of your breast that are firm or red?	NO	YES
14. Are you able to rest, relax and enjoy the moments while your baby breastfeeds?	YES	NO

*\*Your baby should be back to his/her birth weight by day 14. Normal weight gain after that is ½ -1 ounce per day (4-7 ounces per week).*