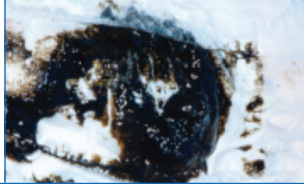
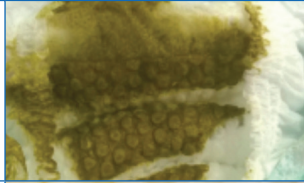
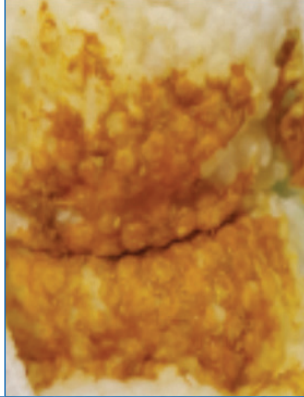
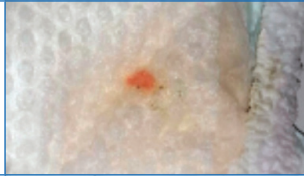
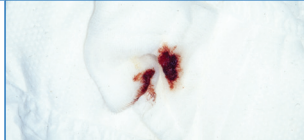


How can I tell that breastfeeding is going well?

- Complete the checklist. Please tick (✓) in the columns.
- If there are one or more ticks on the red side, talk to your Midwife or Child and Family Health Nurse for help or advice about your baby's feeding.
- It is better for your baby and you to get support early.

😊 Breastfeeding is going well when:	✓	😞 Talk to your Midwife or Child and Family Health Nurse if:	✓
You breastfeed your baby 8 or more times in 24 hours		Your baby is sleepy and has had less than 6 breastfeeds in 24 hours	
Your baby is breastfeeding for between 5 and 40 minutes at each time		Your baby consistently breastfeeds for 5 minutes or less at each time	
		Your baby consistently breastfeeds for longer than 40 minutes at each time	
Your baby always falls asleep on your breast and/or never finishes feeding		Your baby looks jaundiced (skin colour becomes yellow)	
		It usually starts on your baby's face and then spreads to the body, arms and legs Please visit your Child and Family Health Breastfeeding Support Clinic or your GP if it is getting worse, and/or your baby is sleepy	
Your baby is calm and relaxed whilst breastfeeding and is happy after most breastfeeds		Your baby comes on and off the breast often during breastfeeding, or refuses to breastfeed	
Your baby has wet and dirty nappies (see chart over page)		Your baby is not having wet and dirty nappies (see chart over page)	
Breastfeeding is comfortable for you		You are having pain in your breast or nipples that does not go away after baby's first few sucks Your nipple comes out of the baby's mouth looking pinched or flattened on one side	
Your breast is much softer after breastfeeding		Your breast is not softer, or it is lumpy or red after breastfeeding	
When your baby is 3–4 days old and over, you should be able to hear your baby swallowing often during breastfeeding		If you cannot see or hear your baby swallowing milk during breastfeeding	
		You think your baby needs a dummy	
		You feel you need to give your baby formula	

How do I know my baby is getting enough breastmilk?

Your baby's nappies will change during the first week. Understanding these changes will help you to know if feeding is going well. Speak to your midwife or Child and Family Health Nurse if you are worried. Please tick (✓) in the columns.						
Baby's Age	✓	Wet Nappies (Wees)	✓	Dirty Nappies (Poos)	✓	What does this 'poo' look like?
1-2 days old		<ul style="list-style-type: none"> • 1-2 or more wet nappies per day • Please note <i>urates</i> may be present up to day 4* (see below for explanation) 		<ul style="list-style-type: none"> • 1 or more nappies with dark green/black 'tar like' poo called <i>meconium</i> 		
3-4 days old		<ul style="list-style-type: none"> • 3 or more wet nappies per day • Nappies should feel heavier • Some baby girls pass <i>pseudo menstruation</i> which is normal** (see below explanation) 		<ul style="list-style-type: none"> • Poo changes in colour -brown/ green/ yellow • Poo consistency becoming looser ('changing poo') 		
5-6 days old		<ul style="list-style-type: none"> • 5 or more wet nappies per day • Nappies should be heavy • With disposable nappies it is often hard to tell if they are wet, so to get an idea if there is enough urine, take a clean nappy and add 2-4 tablespoons of water. This will give you an idea of what to look/feel for 		<ul style="list-style-type: none"> • At least 2 nappies with yellow poo • Poos may be quite watery 		
7-28 days old		<ul style="list-style-type: none"> • 6 or more wet nappies per day • Nappies should be heavy 		<ul style="list-style-type: none"> • At least 2 dirty nappies per day • Poos should be at least the size of a 50 cent coin and yellow which can often be watery, 'seedy' appearance 		
Urates*		<p><i>Urates</i> are a dark orange/red substance that many babies pass in the first couple of days. At this age they are not a problem. However, if they go past the first couple of days you should tell your Midwife / Child and Family Health Nurse as that may be a sign that your baby is not getting enough milk</p>				
Pseudo menstruation**		<p><i>Pseudo menstruation</i> in the first week is normal. It is a red discharge from the baby's vagina due to withdrawal of the mother's hormones after birth</p>				

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