

# Breastfeeding checklist

Breastfeeding is going well when:



Your baby has at least 8 feeds in 24 hours (8-12 is normal)

Your baby releases the breast themselves and comes off content

Your baby has normal skin colour

Your baby is generally calm and relaxed whilst feeding and is content after most feeds

Your baby has wet and dirty nappies (see Nappy Output guide)

Breastfeeding is comfortable

After the first few days you should be able to hear and see your baby swallowing frequently during the feed (ask for help to recognise this if you are unsure)

Your baby is generally content for short periods between feeds, you put them back to the breast if still unsettled after the feed

As above: Your baby is generally content for short periods between feeds, they may wish to return to the breast for comfort

Talk to your Midwife/Health Visitor if:



Your baby is sleepy and has had less than 6 feeds in 24 hours

Your baby always falls asleep on the breast and/or never finishes the feed themselves

Your baby appears jaundiced\* (yellow discolouration of the skin)

Your baby comes on and off the breast frequently during the feed or refuses to breastfeed

Your baby is not having the wet and dirty nappies explained in 'Nappy Output'

You are having pain or discomfort in your breasts or nipples, which doesn't disappear after the baby's first few sucks. Your nipple comes out of the baby's mouth looking pinched or flattened on one side

You can't tell if your baby is swallowing any milk after the first few days of birth

You think your baby needs a dummy

You feel you need to give your baby formula milk

\* Most jaundice in babies is not harmful, however, it is important to check your baby for any signs of yellow colouring particularly during the first week of life. The yellow colour will usually appear around the face and forehead first and then spread to the body, arms and legs. A good time to check is when you are changing a nappy or clothes. From time to time press your baby's skin gently to see if you can see a yellow tinge developing. Also check the whites of your baby's eyes when they are open and the inside of his/her mouth when open to see if the sides, gums or roof of the mouth look yellow

# Nappy Output

The contents of your baby's nappies will change during the first week. These changes will help you know if feeding is going well. Speak to your midwife if you have any concerns.

Adapted from Unicef UK Baby Friendly Initiative

	Wet nappies	Dirty nappies
1-2 days old	1-2 or more per day. Urates may also be present*	1 or more dark green/black 'tar like' or 'Marmite like' poos - called meconium
3-4 days old	3 or more per day. Nappies feel heavier	At least 2, changing in colour and consistency – brown/green/yellow, becoming looser - 'changing stool' (Can look like Pesto)
5-6 days old	5 or more per day - Heavy wet**	At least 2, yellow poos; may be quite watery (like Chicken korma)
7 days to 28 days old	6 or more heavy wet nappies per day	At least 2 poos the size of a £2 coin, yellow and watery (may have 'sesame seed' appearance)

\* Urates are a dark pink/red substance that many babies pass in the first couple of days. At this age they are not a problem, however if they go beyond the first couple of days you should tell your midwife as that may be a sign that your baby is not getting enough milk.

\*\* With new disposable nappies it is often hard to tell if they are wet, so to get an idea if there is enough urine, take a nappy and add 2-4 tablespoons of water. This will give you an idea of what to look/feel for.