



How can I tell that breastfeeding is going well?" - A Checklist for Mothers.

 <b>Breastfeeding is going well when;</b>	 <b>Talk to your midwife if;</b>
Your baby has 8 or more feeds in 24 hours	Your baby is sleepy and has had less than 6 feeds in 24 hours
Your baby is feeding for between 5 and 30 minutes at each feed	Your baby is feeding for 5 minutes or less each feed Your baby is feeding for longer than 40 minutes at each feed
Your baby has normal skin colour	Your baby appears jaundiced (yellow discolouration of the skin)
Your baby is generally calm and relaxed whilst feeding	Your baby comes on and off the breast frequently during a feed
Your baby comes off the breast naturally after a feed	Your baby has to be 'released' from the breast by you
When your baby is older than 3-4 days you can hear them swallowing frequently during a feed	You cannot tell if your baby is swallowing any milk after your baby is 3-4 days old
<p>Your baby is having wet nappies (As disposable nappies are very absorbent it is sometimes hard to tell- to get an idea take a nappy and add 2-4 tablespoons of water. This should give you an idea what to look/feel for):</p> <p>0-2 days old = 1-2 wet nappies (urates* may be present)</p> <p>3-4 days old = 3 heavier wet nappies</p> <p>5-6 days old = 5 or more heavy wet nappies</p> <p>7 + days old = 6 or more heavy wet nappies</p>	<p>Your baby is having less wet nappies than described opposite</p> <p>*Urates are a dark pink/red substance that many babies pass in the first couple of days. They are normal in the first 1-2 days but if they are still there after day 3 it may be a sign your baby is not getting enough milk.</p>
<p>Your baby is having dirty nappies:</p> <p>0-2 days old = 1 or more green/black tar-like (meconium) nappy</p> <p>3-4 days old = 2 or more stools which are changing colour and less sticky</p> <p>5-6 days old = 2 or more yellow stools which may be 'loose'</p> <p>7-28 days old = 2 or more at least the size of a £2 coin, yellow and loose</p>	Your baby is having less frequent or differently coloured stools than described opposite
Your breasts and nipples are comfortable	Your nipples or breasts are sore or damaged, very full or red in colour
You are not feeling the need to use a dummy, nipple shields or formula	You think your baby needs a dummy and / or formula milk
You are enjoying breastfeeding your baby!	You are feeling anxious or uncertain or not enjoying breastfeeding