

Breastfeeding: Is it going well?

HOW TO TELL IF YOUR BABY IS LATCHING CORRECTLY AND GETTING ENOUGH MILK.

Things are going well

Talk to your midwife or lactation consultant

How is baby doing during and between feeds?

Baby is easy to wake and active when awake. When latched to the breast baby is content and you can audibly hear swallowing sounds (around 3 days old). Baby will feed from 5 to 30 mins and unlatch spontaneously. Baby will have approximately 8 feeds a day.

If baby is sleepy and hard to wake, and falls asleep at the breast, or latches and unlatches often during feeding. Baby feeds less than 5 mins or longer than 40 mins, and only having 6 or less feedings a day. Baby appears jaundiced (yellowing of the skin).

How many diaper changes a day?

Baby will have the equivalent of wet diapers as age up to 4 days old, at 5 days 6+ a day is normal.

Soiled diapers will double between the 1st day and the 3rd, having 3 or more by the 5th day. After the 4th day poop should be yellow and "seedy".

If baby is not having any or only a few wet diapers a day, and not passing stool at all. This could be indicative that baby is not getting enough milk

Baby's weight gain the first few weeks

In the first few days it is normal for baby to lose weight. On average they can lose up to 7% of birth weight and should regain that back by 2 weeks of age.

from then on they should gain at least 5.5 oz a week for the first 4 months.

If baby loses 10% or more from birth weight and does not regain that weight back by 3 weeks.

Weighted feedings can help diagnose low supply.

Is nursing comfortable?

Signs that you have a good latch:

- The latch is comfortable and pain free
- Most if not all the areola is in baby's mouth
- Baby's chin touches your breast
- Lips are "flared" out
- See and/or hear swallowing
- Ears will move slightly

Signs that your latch is bad:

- Your nipples are sore and cracked, and it only gets worse as you feed.
- Baby's cheeks suck in and lips do not "flare"
- Baby makes clicking or smacking noises
- Baby continues to show signs of hunger
- Baby is losing or not gaining weight fast enough