

How Is Breastfeeding Going?

Questions to ask when your baby is about 4 days old

Ask yourself these questions when your newborn is about 4 days old. Circle “Yes” or “No” for each question.

1. **Do you feel breastfeeding is going well for you and your baby at this time?**

Yes No

2. **Has your milk come in?** Did your breasts get firm and full when your baby was 2 to 4 days old?

Yes No

3. **Is any nipple soreness starting to get better?**

Yes No

4. **Does your baby usually ask to feed?** Answer “No” if your baby is sleepy and needs to be awakened for most feedings.

Yes No

5. **Is your baby able to attach to your breasts easily?**

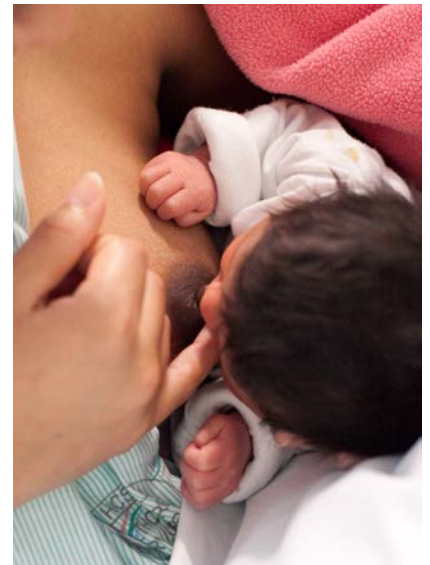
Yes No

6. **Does your baby suck in rhythm for at least 10 minutes at each feeding?**

Yes No

7. **While you are nursing, do you hear your baby swallow with at least every 3rd suck?** A baby’s swallowing sounds like “uh” or “uh-huh.”

Yes No



By the 4th day, most mothers notice changes in their breasts and in their baby’s nursing habits.

8. **Right after feedings, does your baby seem satisfied?**
This means your baby is not rooting or sucking on their hands.
Yes No
9. **Does your baby nurse every 1½ to 3 hours, with no more than 1 long break of up to 5 hours each day?**
This is at least 8 feedings each 24 hours.
Yes No
10. **Do your breasts feel full when your baby goes a long time without nursing, and softer after nursing?** “A long time” is 3 to 5 hours.
Yes No
11. **Is your baby having at least 4 good-sized bowel movements each day?** “Good-sized” means that each one is more than just a stain on the diaper.
Yes No
12. **Are your baby’s bowel movements turning yellow and soft, almost runny?**
Yes No
13. **Is your baby wetting diapers at least 4 to 5 times a day?**
Yes No

If You Circled “No”

If you answered “No” to 1 or more of these questions, **call UWMC Lactation Services at 206.598.4628**. Breastfeeding problems are easier to correct when you first start to breastfeed, and harder to solve if you wait.

Questions?

Your questions are important. If you have questions about breastfeeding, please call Lactation Services: 206.598.4628.

Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.

Adapted from The Lactation Program, 901 E. 19th Ave., Denver, CO 80203