

## How Is Breastfeeding Going?

Please ask yourself these questions when your newborn is about 4 days old. Your answers will help you know if it might be helpful to talk with a lactation consultant. Circle “Yes” or “No” for each question.

1. Do you feel breastfeeding is going well for you at this time?

Yes                  No

2. Has your milk come in yet? (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 by now?

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 latch on to your breasts easily?

Yes                  No

6. Does your baby suck rhythmically for at least 10 minutes total at each feeding?

Yes                  No

7. Do you hear your baby swallowing while nursing (sounds like “uh” or “uh-huh”) with at least every 3rd suck?

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 (is **not** rooting or sucking on his 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 (at least 8 feedings each 24 hours)?  
Yes            No
10. Do your breasts feel full when your baby goes a long time (3 to 5 hours) without nursing, and softer after nursing?  
Yes            No
11. Is your baby having at least 4 good-sized bowel movements each day (each one 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 answered “No” to any 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.

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

## Questions?

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