



How is Breastfeeding Going?

Success

Feeds 8-12 x day
Feeds last ~ 30 mins
6-8 wet/3-4 dirty diapers (6+ days)
Nipples are tender
Breasts are heavy
Baby's head/shoulders/bottom in line
Space between Baby's chin and chest
Lips flanged at breast
Deep latch, nipple round after feeds
Cheeks rounds during nursing
Rhythmic suck/swallow w/short rests
Baby is calm, arms/legs relaxed
Back to birth wt by 2 wks, gain ~ 1 oz/d
Pump is comfortable, productive
Enjoying motherhood's ups/downs
Eating fruits, veggies, drinking water
Taking a walk/exercise 3x/wk +
Talk to a friend 1 x day+

Reach Out for Help

Feeding constantly
Falls asleep during feedings
Few wet/dirty diapers
SORE nipples
Breasts are empty feeling
Baby's head is over shoulder
Baby's chin is on chest
Lips roll in
Shallow Latch, on/off, nipple flat
Cheeks sucked in during nursing
Suck/Swallow/Fall off or asleep
Baby is tense, arms/legs agitated
Below birth weight, slow weight gain
Pump hurts, nothing comes out
Sad, crying a lot, discouraged
Junk or fast foods mainly
Can't get off the couch
Lonely, no socializing