

The Well Fed Baby Checklist

To know that breastfeeding is going well, answer these questions when the baby is 5 to 7 days old

1. Is the baby having **several bowel movements in 24 hours** that are mustard yellow with curds in them?
("poop you can scoop", not just a smear)
Yes | No
2. Is the baby **wetting 5 - 7 diapers in 24 hours**?
Yes | No
3. Do the **breasts feel full before feeding** and **softer after feeding**?
Yes | No
4. If the mother had initial **nipple soreness**, is this **resolved**?
Yes | No
5. Do you **hear swallowing** when the baby is breastfeeding?
Yes | No
6. Is the baby **eating at least 8 times in 24 hours**?
Yes | No
7. Does the baby seem **satisfied after a feeding**?
Yes | No
8. Is there a **lack of sore, tender, or red and firm areas** in either breast?
Yes | No
9. Has the baby started **gaining 1/2 - 1 ounce per day**?
Yes | No

If you have answered NO to any of these questions, there may be some problems with feeding.

Contact your pediatrician and a lactation consultant for breastfeeding support