How can I tell that breastfeeding is going well?

(Please ✔ in the columns) If you find there are ticks on the right hand side (red side) talk to your Midwife or Child and Family Health Nurse for reassurance or advice about you baby's feeding.
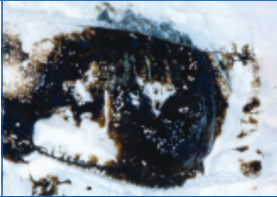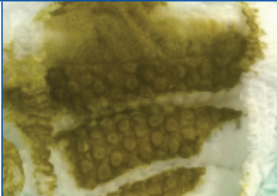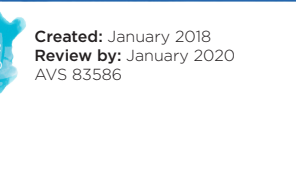
It is better for your baby and you to get support from professionals early.

☺ Breastfeeding is going well when:		☹ Talk to your Midwife or Child and Family Health Nurse if:	
Your baby has 8 feeds or more in 24 hours		Your baby is sleepy and has had less than 6 feeds in 24 hours	
Your baby is feeding for between 5 and 40 minutes at each feed		Your baby **consistently** feeds for 5 minutes or less at each feed Your baby **consistently** feeds for longer than 40 minutes at each feed	
		Your baby always falls asleep on the breast and/or never finishes the feed himself	
Your baby has normal skin colour		Your baby appears jaundiced (yellow discolouration of the skin) It usually starts on you baby's face and then spreads to the body, arms and legs. **Please attend your Child and Family Health Breastfeeding Support Clinic or your GP if it is increasing and/or your baby is sleepy**	
Your baby is generally calm and relaxed whilst feeding and is content after most feeds		Your baby comes on and off the breast frequently during the feed or refuses to breastfeed	
Your baby has wet and dirty nappies (see chart over page)		Your baby is not having wet and dirty nappies explained overleaf	
Breastfeeding is comfortable		You are having pain in your breast or nipples, which doesn't disappear after baby's first few sucks. Your nipple comes out of the baby's mouth looking pinched or flattened on one side	
Your breast is considerably softer after a feed		Your breast is not softer, or it is lumpy or red after a feed	
When your baby is 3–4 days old and beyond, you should be able to hear your baby swallowing frequently during the feed		You cannot tell if your baby is swallowing any milk when your baby is 3–4 days old and beyond	
		You think you baby needs a dummy	
		You feel you need to give your baby formula	

Adapted with permission UNICEF Baby Friendly Health Initiative by the SLHD Breastfeeding Interest Group with consumer consultation.
Evaluated by families accessing SLHD Child and Family Health Service - 2017

Health NSW GOVERNMENT | Sydney Local Health District

How do I know my baby is getting enough?

The content of your baby's nappies will change during the first week. These changes will help you to know if feeding is going well. Speak to your midwife or Child and Family Health Nurse if you have any concerns. Please ✔ in the columns.

Baby's Age	Wet Nappies	Dirty Nappies	What does this 'poo' look like?
1–2 days old	1–2 or more per day Urates may be present up to day 4* (see below for explanation)	1 or more dark green/black 'tar like' called *meconium*	
3–4 days old	3 or more per day Nappies feel heavier Some baby girls pass pseudo menstruation which is normal** (see below explanation)	Changing in colour and consistency - brown/green/yellow coming looser ('changing stool')	
5–6 days old	5 or more Heavy wet With disposable nappies it is often hard to tell if they are wet, so to get an idea if there is enough urine, take a nappy and add 2–4 tablespoons of water. This will give you an idea off what to look/feel for.	At least 2 yellow; may be quite watery	
7–28 days old	6 or more heavy wet	At least 2, at least the size of a 50 cent coin yellow and often watery, 'seedy' appearance	
Urates*	Urates are a dark orange/red substance that many babies pass in the first couple of days. At this age they are not a problem. However, if they go beyond the first couple of days you should tell your Midwife/Child and Family Health Nurse as that may be a sign that your baby is not getting enough milk.		
Pseudo menstruation**	*Pseudo menstruation* in the first week is blood tinged mucous discharge from the vagina due to withdrawal of the mother's hormones after birth. It is normal.		

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