



# A Breastfeeding Checklist: Are You Nursing Correctly?

## Signs of Correct Nursing

- Your baby's mouth is open wide with lips turned out.
- His chin and nose are resting against the breast.
- He has taken as much of the areola as possible into his mouth.
- He is suckling rhythmically and deeply, in short bursts separated by pauses.
- You can hear him swallowing regularly.
- Your nipple is comfortable after the first few suckles.



## Signs of Incorrect Nursing

- Your baby's head is not in line with his body.
- He is sucking on the nipple only, instead of suckling on the areola with the nipple far back in his mouth.
- He is sucking in a light, quick, fluttery manner rather than taking deep, regular sucks.
- His cheeks are puckered inward or you hear clicking noises.
- You don't hear him swallow regularly after your milk production has increased.
- You experience pain throughout the feed or have signs of nipple damage (such as cracking or bleeding).

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**Source** New Mother's Guide to Breastfeeding, 2nd Edition (Copyright © 2011 American Academy of Pediatrics)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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