

## HOW CAN I TELL THAT BREASTFEEDING IS GOING WELL?



### BREASTFEEDING IS GOING WELL WHEN:

- Your baby has 8 feeds or more in 24 hours.
- Your baby is feeding for between 5 and 40 minutes at each feed.
- Your baby has a normal skin colour.
- Your baby is generally calm and relaxed while feeding and is content after most feeds.
- Your baby has wet and dirty nappies.
- Breastfeeding is comfortable.
- When your baby is 3-4 days old and beyond, you should be able to hear it swallowing frequently during the feed.

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#### Nappies

The contents of your baby's nappies will change during the first week. These changes will help you know if feeding is going well. Speak to your midwife if you have any concerns

Baby's age	Wet nappies	Dirty nappies
1-2 days old	1-2 or more per day urates may be present*	1 or more dark green/black 'tar like' called meconium
3-4 days old	3 or more per day nappies feel heavier	At least 2, changing in colour and consistency – brown/green/yellow, becoming looser ('changing stool')
5-6 days old	5 or more Heavy wet**	At least 2, yellow; may be quite watery
7 days to 28 days old	6 or more heavy wet	At least 2, at least the size of a £2 coin yellow and watery, 'seedy' appearance

\*Urates are a dark pink/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 as that may be a sign that your baby is not getting enough milk.

\*\* With new 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 of what to look/feel for.

### TALK TO YOUR MIDWIFE/ HEALTH VISITOR IF:

- Your baby is sleepy and has had less than 6 feeds in 24 hours.
- If your baby consistently feeds for 5 minutes or less at each feed Or consistently feeds for longer than 40 minutes at each feed, it could be a sign that something is not quite right. It's best to consult a healthcare professional for further advice in such cases.
- Your baby always falls asleep on the breast and/or never finishes the feed himself.
- Watch for these signs: your baby appears jaundiced (yellow skin discolouration). Most jaundice in babies is not harmful. However, it is important to check your baby for any signs of yellow colouring, particularly during the first week of life.
- The yellow colour will usually appear around the face and forehead first and then spread to the body, arms and legs. A good time to check is when changing a nappy or clothes. From time to time, press your baby's skin gently to see if you can see a yellow tinge developing. Also, check the whites of your baby's eyes when they are open and the inside of his/her mouth when open to see if the sides, gums or roof of the mouth look yellow. If you notice any of these signs, it's best to consult a professional.
- Your baby frequently comes on and off the breast during the feed or refuses to breastfeed.
- Your baby is not having the wet and dirty nappies. See chart on left.
- You are having pain in your breasts or nipples, which doesn't disappear after the baby's first few sucks. Your nipple comes out of the baby's mouth, looking pinched or flattened on one side.
- You cannot tell if your baby is swallowing any milk when your baby is 3-4 days old and beyond.
- You think your baby needs a dummy.
- You feel you need to give your baby formula milk.