

How do I know if breastfeeding is going well?

The following questions will help you know whether you and your baby are off to a good start with breastfeeding.

Answer these questions when your baby is 4 days old.

| | | |
|--|------------------------------|------------------------------|
| Do you feel breastfeeding is going well? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Are your baby's swallows easier to hear since his first days in the hospital? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Is your baby able to latch on to your breasts without causing you discomfort? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Does your baby let you know when he/she is hungry? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Is your baby alert and active? (Answer no if you have to wake your baby for most feedings.) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Does your baby end each feeding by coming off your breast on his own? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Does your baby seem calm and satisfied after feedings? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do your breasts feel full before feedings? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have any sore, tender areas in your breast that are firm and red? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| Does your baby nurse at least 8-12 times a day? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Is your baby waking at least one time during the night to breastfeed? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Are your nipples sore or do they look pinched when your baby comes off your breast? | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| Is your baby having bowel movements that are soft and mustard-yellow? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Is your baby having 3 or more poopy diapers each day that are larger than the size of a quarter? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| When you notice a wet diaper, it is clear to pale yellow? (Pink to red wet diapers after day four can be a sign of dehydration.) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Is your baby having at least 3-5 wet diapers in 24 hours? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If you only checked answers in the left column, you are doing well!



If you checked any answers in the right column, call your WIC breastfeeding counselor right away.

Call your WIC breastfeeding counselor any time you have any questions or concerns about breastfeeding.



First Week Daily Breastfeeding Log

Baby's Name:

Baby's Birth Date:

Birth Time:

Birthweight:

- Fill in the start time and day of week in each box. The start time should be the time your baby was born and should be the same for each day.
- The day of week should change each day.
- Circle a B each time your baby breastfeeds.
- Circle a W each time your baby has a wet diaper.
- Circle an S each time your baby has a soiled or dirty diaper.
- Circle the plus sign if your baby has more than the daily goal for wet and soiled diapers.

Day 1 (1st 24 hours)

| Start Time: | Day of Week: | | | | | | | | | | Goal | |
|----------------|------------------------|---|---|---|---|---|---|---|---|---|------|-----|
| Breastfeedings | B | B | B | B | B | B | B | B | B | B | + | 6+ |
| Wet diapers | (pale yellow/pink/red) | | | | | | | | | | | Any |
| Soiled diapers | (black tarry) | | | | | | | | | | | Any |

Day 2 (2nd 24 hours)

| Start Time: | Day of Week: | | | | | | | | | | Goal | |
|----------------|------------------------|---|---|---|---|---|---|---|---|---|------|-------|
| Breastfeedings | B | B | B | B | B | B | B | B | B | B | + | 8-12+ |
| Wet diapers | (pale yellow/pink/red) | | | | | | | | | | | Any |
| Soiled diapers | (black tarry) | | | | | | | | | | | Any |

Day 3 (3rd 24 hours)

| Start Time: | Day of Week: | | | | | | | | | | Goal | |
|----------------|--------------|---|---|---|---|---|---|---|---|---|------|-------|
| Breastfeedings | B | B | B | B | B | B | B | B | B | B | + | 8-12+ |
| Wet diapers | W | W | W | W | W | W | W | W | W | W | + | 3-5+ |
| Soiled diapers | S | S | S | S | S | S | S | S | S | S | + | 3-5+ |

Day 4 (4th 24 hours)

| Start Time: | Day of Week: | | | | | | | | | | Goal | |
|----------------|--------------|---|---|---|---|---|---|---|---|---|------|-------|
| Breastfeedings | B | B | B | B | B | B | B | B | B | B | + | 8-12+ |
| Wet diapers | W | W | W | W | W | W | W | W | W | W | + | 3-5+ |
| Soiled diapers | S | S | S | S | S | S | S | S | S | S | + | 3-4+ |

Day 5 (5th 24 hours)

| Start Time: | Day of Week: | | | | | | | | | | Goal | |
|----------------|--------------|---|---|---|---|---|---|---|---|---|------|-------|
| Breastfeedings | B | B | B | B | B | B | B | B | B | B | + | 8-12+ |
| Wet diapers | W | W | W | W | W | W | W | W | W | W | + | 4-6+ |
| Soiled diapers | S | S | S | S | S | S | S | S | S | S | + | 3-4+ |

Day 6-28

| Start Time: | Day of Week: | | | | | | | | | | Goal | |
|----------------|--------------|---|---|---|---|---|---|---|---|---|------|-------|
| Breastfeedings | B | B | B | B | B | B | B | B | B | B | + | 8-12+ |
| Wet diapers | W | W | W | W | W | W | W | W | W | W | + | 4-6+ |
| Soiled diapers | S | S | S | S | S | S | S | S | S | S | + | 3-4+ |

Let your baby breastfeed until he ends the feeding. Burp him and offer the other side each time. He may fill up on one breast but you should always offer the other to be sure. You CAN'T nurse too often. You CAN nurse too little.

A breastfed baby's poop is normally loose and unformed and will change colors in the first several days. It should be yellow by day four. It may appear seedy to cottage cheesy. Your baby is probably getting enough to eat in his first week if he is meeting the goals for the number of daily breastfeedings and wet and dirty diapers and regains his birth weight by day 10-14. Some babies will go for days without a poop and this is normal too.

If you have question about how to use this log, please call your WIC breastfeeding counselor. If your baby is not meeting the goals, call your doctor and your WIC breastfeeding counselor.

Take this log to your baby's doctor at his first office visit which should be at 3-5 days of age.