

Information for breastfeeding families

Congratulations on the Birth of Your Baby!



I hope things are going well with breastfeeding your baby. I am here to help if you have any questions or problems. Here are some basic guidelines to keep in mind for the first few weeks.

Wet diapers = 6+ per day

Stools = 3+ per day

Feedings = 8-12 around the clock for the first 2-3 months

Signs of good feedings

- ✓ Feeling a deep, strong pulling sensation without sharp pain
- ✓ Consistent sucking with only brief pauses
- ✓ Hearing swallowing (after the milk comes in)
- ✓ Latch-on is easy
- ✓ 15-20 minutes of vigorous sucking per breast (20-30 minutes for one breast feedings)
- ✓ Breasts are softer after the feeding
- ✓ Seeing milk in your baby's mouth
- ✓ Feeling a let-down reflex or seeing a change in the baby's feeding rhythm
- ✓ Adequate wet diapers and stools
- ✓ Minimal weight loss during first few days
- ✓ Regain birth weight by 2 weeks and gains $\frac{3}{4}$ to 1 oz thereafter

Signs of poor feedings

- ✓ Feeling pain during feedings
- ✓ Sleepy baby
- ✓ Inconsistent, flutter (weak) sucking
- ✓ Difficulty latching-on and staying on
- ✓ Clicking or popping sounds in your baby's mouth
- ✓ Prolonged nursing (more than 20-25 minutes on each side)
- ✓ Infrequent nursing (baby does not wake to feed at least every 3 hours)
- ✓ Frequent nursing (more than 12 per day)
- ✓ Baby is not satisfied at the end of the feeding
- ✓ Engorgement
- ✓ Inadequate wet diapers and stools
- ✓ Rapid or excessive weight loss (more than 7-10%) during the first few days
- ✓ Has not regained birth weight by 2 weeks
- ✓ Slow weight gain thereafter (less than $\frac{1}{2}$ – $\frac{3}{4}$ oz per day)



Good latch-on
with wide mouth



Poor latch-on
with shallow
attachment