

How to tell if breastfeeding is going well

☺ Breastfeeding is going well when...	☹ Talk to your midwife, health visitor or feeding support team if...
Your baby has 8 or more feeds in 24 hours after the first few days. These may not be evenly spaced.	Your baby is sleepy and has less than 6 feeds in 24 hours at any age or your baby wants to feed almost all the time.
Your baby is feeding for between 5 and 30 minutes at almost all breastfeeds.	Your baby consistently feeds for 5 minutes or less, or 40 minutes or more at each feed. Your baby always falls asleep on the breast and/or never finishes the feed himself by releasing the breast.
Your baby has a normal skin colour.	Your baby appears jaundiced (yellow discolouration of the skin). This appears around the face first, and spreads down the body. The whites of the baby's eyes can appear yellow. May make your baby sleepy and reluctant to feed.
Your baby is generally calm and relaxed whilst feeding and contented after most feeds.	Your baby comes on & off the breast frequently during a feed, has lots of short frequent feeds or refuses to breastfeed.
Breastfeeding is comfortable.	You have pain in your breasts or nipples, which doesn't go away after first few sucks. Your nipple looks pinched, flattened or damaged.
You can see and hear swallowing while your baby breastfeeds, becoming much more frequent once your baby is 3-4 days old.	You cannot tell if your baby is swallowing during a feed. Swallowing does not become more frequent after 3-4 days of age. There is a lot of sucking but not as much swallowing.
<p>Your baby should have plenty of wet and dirty nappies every day.</p> <p>Your baby should have at least 2 dirty nappies each day; soft & £2 coin size: Dark black sticky tar-like at first, changing to less sticky greeny/brown by day 2, and dull yellow & seedy by day 4-5, and consistency of yoghurt.</p> <p>At least one wet nappy per day on days 0-1; at least two wet nappies each 24hrs by day 2; at least four by day 4; day 6 and beyond at least 6-8 heavy wet nappies each day. Urine should be pale yellow or have no colour at all, NOT dark and concentrated.</p>	
NB the day your baby is born is known as day 0.	Speak to your midwife, health visitor or feeding support team if...You think you need to give your baby formula milk or a dummy.