



Breastfeeding Checklist

Created for: _____

Birth date: _____

Important information:

Phone Numbers

Baby's Doctor: _____

OB-GYN Doctor or Midwife: _____

Lactation Consultant: _____

Baby's Weight

At Birth: _____

At Discharge: _____



Signs of successful breastfeeding

- ✓ Your baby is feeding at least 8 times every 24 hours.
- ✓ Your baby has at least 6 wet diapers every 24 hours after day 4.
- ✓ Your baby has loose, seedy and yellowish bowel movements at least 3 times each 24 hours by day 4.
- ✓ During breastfeeding your baby's mouth is open wide with lips flanged out.
- ✓ During breastfeeding your baby takes as much of the areola as possible into the mouth.
- ✓ You can hear your baby swallowing during feedings.
- ✓ Your nipples are comfortable once your baby has latched on.
- ✓ Your baby is getting breast milk only.

Contact your baby's doctor or your lactation consultant if:

- ✗ Your baby has LESS than 6 wet diapers every 24 hours by day 4.
- ✗ Your baby has LESS than 3 bowel movements every 24 hours by day 4.
- ✗ Your baby's bowel movements are dark and tarry rather than yellow and loose by day 4.
- ✗ Your baby's urine is dark yellow or there are red stains in the diaper.
- ✗ Your baby still seems hungry after most feedings.
- ✗ You can't hear your baby swallowing during feedings.
- ✗ Your nipples hurt during feedings, even after your baby has correctly latched on.
- ✗ Your baby is not breastfeeding at least 8 times every 24 hours.

Be sure to visit your baby's doctor within 2 to 5 days after birth, and then again at 2-3 weeks of age for weight checks and healthy baby visits.