

**How can I tell that breastfeeding is going well?**

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| **Breastfeeding is going well when: ☺** | **Talk to your midwife if: ☹** |
| Your baby has at least 8-12 feeds or more in 24 hours (3-4 feeds on Day 1) After day 1 young babies will feed often and their pattern will vary. Baby’s breastfeed for food, drink, comfort and security. Being responsive to your baby’s needs will help to build a good milk supply and a secure happy baby. | Your baby is sleepy and has had less than 6 feeds in 24 hours (After day 1) |
| Your baby is feeding for between 5 and 40 minutes at each feed  | Your baby consistently feeds for 5 minutes or less at each feed Your baby consistently feeds for longer than 40 minutes at each feed  |
|  | Your baby always falls asleep on the breast and/or never finishes the feed himself |
| Your baby has normal skin colour and is alert and waking for feeds | Your baby appears jaundiced (yellow discolouration of the skin)  |
| Your baby is generally calm and relaxed whist feeding and is content after most feeds  | Your baby comes on and off the breast frequently during the feed or refuses to breastfeed  |
| Your baby has wet and dirty nappies (see chart over page)  | Your baby is not having the wet and dirty nappies explained overleaf  |
| Breastfeeding is comfortable  | 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  |
| When your baby is 3-4 days old and beyond you should be able to hear your baby swallowing frequently during the feed  | 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 |



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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  | \*Urates are a dark pink/red substance that many babies pass in the first couple of days. Talk to your midwife if you see them in your baby’s nappy. They may be a sign that baby needs to feed more. \*\* 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. **Important contact numbers****Midwife contact number- 01782 672300** **Breastfeeding support- 24/7 – 01782 672200 (Midwife Birth Centre)****The Royal Stoke Infant Feeding team- 01782 672212****You can ring 111****The National Breastfeeding helpline- 0300 100 0212****For local health professional led and Peer Support led breastfeeding and parenting groups please check the UHNM Maternity Infant feeding pages.** |
| **Baby’s age**  | **Wet** nappies  | **Dirty** nappies  |
| **1-2 days old**  | 1-2 or more per day   | 1 or more dark green/black ‘tar like’ called meconium  |
| **3-4 days old**  | 3 or more per day nappies feel heavier  | 2 or more, changing in colour and consistency – brown/green/yellow, becoming looser (‘changing stool’)  |
| **5-6 days old**  | 5 or more Heavy wet\*\*  | 2 or more yellow; may be quite watery  |
| **7 days to 28 days old**  | 6 or more heavy wet  | 2 or more at least the size of a £2 coin yellow and watery, ‘seedy’ appearance  |