



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 daily 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

