



Signs That Breastfeeding

Is Going Well

- ✓ Your baby only loses up to 5-7 oz in the first 4 days.
- ✓ Your baby begins to gain weight by the 5th day.
- ✓ Your baby is back up to birthweight at the 2 week visit.
- ✓ Your baby wakes up at least 8 times a day for feeding.
- ✓ Your baby comes to the breast and feedings are comfortable for you.
- ✓ Your baby is clearly hungry before feeds and clearly satiated (full belly) when done.
- ✓ By Day 4, your baby has the appropriate amount of output. (4 wet, 3 yellowish stools)
- ✓ You are experiencing comfortable breastfeeding with no nipple pain or breast pain.
- ✓ After 2 weeks of age, your baby continues to gain 1 oz per day, at least up until 6 months

Is Not Going Well

- ✓ Your baby loses more than 10% of birthweight in the first 4 days
- ✓ Your baby continues to lose weight after the 4th day.
- ✓ Your baby is not back to birthweight at 2 weeks old.
- ✓ Your baby is not waking up for at least 8 feedings a day. (If your baby is gaining well and all the other signs that breastfeeding is going well, this is probably not a problem.)
- ✓ Breastfeedings take an hour or longer and baby still does not seem full.
- ✓ Excessive fussiness/ sleepiness usually means something is not quite right.
- ✓ Your 4 day old baby has less than 4 soaking wet diapers (clear or lightly yellow in color) and less than 3 quarter size yellow mustard color stools every 24 hours.
- ✓ If you are supplementing because baby is not getting enough at breast.
- ✓ If you are pumping because breastfeeding is hurting