

How you and your midwife/health visitor/family nurse can recognise that your baby is breastfeeding well

Baby name:	Baby CHI	Baby DOB: __/__/____	Hosp	CMW	HV/FN
What to look for/ask about:		date: __/__/__			
Further information in 'Off to a Good Start' and NHS Lothian website 'Feeding Your Baby'					
Your Baby: Is alert and has at least 8 -12 feeds in 24 hours (day 1 at least 3 - 4 feeds). Be responsive to you and your baby's needs					
Is generally calm and relaxed when feeding, and content after most feeds					
Around day 3-4 is taking deep rhythmic sucks and you will hear swallowing					
Will generally feed for between 5 and 40 minutes, and will come off the breast spontaneously. Offer second breast according to appetite.					
Has a normal skin colour					
Has weight loss of less than 10% (weigh if indicated by the large weight loss guideline, then around day 5 and if indicated on discharge to HV)					
Your Baby's Wet nappies :day 1-2 one or more, day 3 - 4 three or more, day 5 - 6 five or more, day 7- 28 six heavy wet nappies in 24 hours					
Dirty nappies : day 1-2 one or more dark green/black, day 3 - 4 two or more changing colour, day 5 - 6 two or more yellow size of a £2 coin in 24 hours					
Your Breasts: Breasts and nipples are comfortable					
Nipples are the same shape at the end of the feed as the start					
Hand expressing: has been shown how to hand express					
Other: (tick if using) <input type="checkbox"/> How using a dummy <input type="checkbox"/> nipple shields <input type="checkbox"/> infant formula, can impact on breastfeeding					
Health care worker signature:			Date: __/__/__		
Print name:					

If any responses are NO or 'Other' - watch a full breastfeed revisit positioning and attachment, and develop a care plan with mother. Care Plan commenced? YES NO (see over) and document in TRAK.