How do I know if breastfeeding is going well?

The following questions will help you know whether you and your baby are off to a good start with breastfeeding.

Answer these questions when your baby is 4 days old.

Do you feel breastfeeding is going well?	□ Yes	D No
Are your baby's swallows easier to hear since his first days in the hospital?	🗆 Yes	D No
Is your baby able to latch on to your breasts without causing you discomfort?	🛛 Yes	D No
Does your baby let you know when he/she is hungry?	🛛 Yes	D No
Is your baby alert and active? (Answer no if you have to wake your baby for most feedings.)	🛛 Yes	D No
Does your baby end each feeding by coming off your breast on his own?	🗆 Yes	D No
Does your baby seem calm and satisfied after feedings?	🗆 Yes	D No
Do your breasts feel full before feedings?	🛛 Yes	D No
Do you have any sore, tender areas in your breast that are firm and red?	🗆 No	□ Yes
Does your baby nurse at least 8-12 times a day?	□ Yes	D No
Is your baby waking at least one time during the night to breastfeed?	🛛 Yes	D No
Are your nipples sore or do they look pinched when your baby comes off your breast?	🗆 No	🗆 Yes
Is your baby having bowel movements that are soft and mustard-yellow?	□ Yes	D No
Is your baby having 3 or more poopy diapers each day that are larger than the size of a quarter?	🛛 Yes	D No
When you notice a wet diaper, it is clear to pale yellow? (Pink to red wet diapers after day four can be a sign of dehydration.)	🛛 Yes	D No
Is your baby having at least 3-5 wet diapers in 24 hours?	🗖 Yes	🗖 No

If you only checked answers in the left column, you are doing well!

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If you checked any answers in the right column, call your WIC breastfeeding counselor right away.

Call your WIC breastfeeding counselor any time you have any questions or concerns about breastfeeding.



First Week Daily Breastfeeding Log					
Baby's Name:				Baby's Birth Date:	
 Fill in the start time and day of week in each box. The start time should be the time your baby was born and should be the same for each day. 	ime shou ^r .	ald be t	the	Day 4 (4th 24 ho	ho
• The day of week should change each day.				Start Time:	
 Circle a B each time your baby breastfeeds. 				Breastfeedings	в
• Circle a W each time your baby has a wet diaper.				Wet diapers	¥
 Circle an S each time your baby has a soiled or dirty diaper. Circle the plus sign if your baby has more than the daily goal 				Soiled diapers	S
for wet and soiled diapers.				Day 5 (5th 24 ho	ho
Day 1 (1st 24 hours)				Start Time:	
Start Time: Day of Week:			Goal	Breastfeedings	в
Breastfeedings B B B B B B B B B B B B	в	+	6+	Wet diapers	×

Day I (ISt 21 HOULS)	110.011	0												
Start Time:		D	ay c	Day of Week:	ek:									Goal
Breastfeedings	B B B B B B B B B B B B B B +	В	в	В	В	В	В	В	В	В	в	в	+	+ 9
Wet diapers	(pale yellow/pink/red)) yell	low/t	oink/r	ed)									Any
Soiled diapers	(black tarry)	k ta	rry)											Any

Day 2 (2nd 24 hours)

Start Time:		П	Day of Week:	of We	ek:									Goal
Breastfeedings	в	в	в	В	В	в	В	В	В	В	В	В	+	B B B B B B B B B B B B B Compared to the second tot
Wet diapers	(pale yellow/pink/red)) yel	low/ŗ	oink/	red)									Any
Soiled diapers	(black tarry)	k ta	rry)											Any

Day 3 (3rd 24 hours)

Start Time:		н	Day of Week:	of Wo	eek:									Goal
Breastfeedings	в	в	в	В	В	В	В	В	В	В	В	В	+	B B B B B B B B B B B B B
Wet diapers	W	W	W	+	(pa	W W W + (pale yellow/pink/red)	low/j	pink/	red)					3-5 +
Soiled diapers	∞	∞	∞	+	(gre	S S S + (greenish)	h)							3-5 +



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Birth Time:

Birthweight:

Day I (III 2I HOUIS)	1100	101												
Start Time:		н	Day of Week:	of We	ek:									Goal
Breastfeedings B B B B B B B B B B B + 8-12+	В	В	В	В	В	В	В	В	В	В	В	в	+	8-12 +
Wet diapers	W	W	W W W + (clear/pale yellow)	W	+	(clea	ar/pa	le ye	llow)					3-5+
Soiled diapers	\mathbf{w}	∞	S S S S + (greenish to yellow)	\mathbf{v}	+	(gre	enisl	h to y	⁷ ellov	V)				3-4+

lours)

BreastfeedingsBBB	Start Time:		н	Day of Week:	ofWe	ek:									Goal
W W W W W + (clear/pale yellow) S S S S + (yellow, seedy)		В	В	В	В	В	в	в	в	в	в	В	В	+	8-12 +
S S S S + (yellow, seedy)	Wet diapers	W	W	W	W	W	+	(cle	ar/pa	ale ye	ellow	Ũ			4-6+
	Soiled diapers	\mathbf{w}	\mathbf{w}	\mathbf{w}	\mathbf{w}	+	(yel	low,	seed	y)					3-4+

Day 6-28

3-4+						;eedy	ow, s	S S S S + (yellow, seedy)	+	∞	∞	\mathbf{w}	$\mathbf{\omega}$	Soiled diapers
4-6+			W W W W W W + (clear/pale yellow)	le ye	ar/pa	(clea	+	W	W	W	W	W	W	Wet diapers
B B	+	В	В	в	в	в	В	В	в	в	В	В	В	Breastfeedings
Goal									ek:	Day of Week:)ay (н		Start Time:

Let your baby breastfeed until he ends the feeding. Burp him and offer the other side each time. He may fill up on one breast but you should always offer the other to be sure. You CAN'T nurse too often. You CAN nurse too little.

A breastfed baby's poop is normally loose and unformed and will change colors in the first several days. It should be yellow by day four. It may appear seedy to cottage cheesy

Your baby is probably getting enough to eat in his first week if he is meeting the goals for the number of daily breastfeedings and wet and dirty diapers and regains his birth weight by day 10-14. Some babies will go for days without a poop and this is normal too.

counselor. If your baby is not meeting the goals, call your doctor and your WIC breastfeeding counselor. If you have question about how to use this log, please call your WIC breastfeeding

of age. Take this log to your baby's doctor at his first office visit which should be at 3-5 days