

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.

Directions: Answer these questions when your baby is **5 to 7 days old**. If you answer **NO to any question, call your Lactation Nurse Consultant at 293-8910**.

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| 1. Do you feel breastfeeding is going well for you now? | Yes | No |
| 2. Have you noticed an increase in you milk supply? | Yes | No |
| 3. Is you baby able to latch onto your breasts with his or her mouth covering all of your nipple and some of the dark area? | Yes | No |
| 4. Does your baby let you know when he/she is hungry? (Answer no if you wake your baby for most feedings) | Yes | No |
| 5. Does your baby nurse about every 2 to 3 hours, with no more than one long sleep interval of up to 5 hours? (At least 8 nursings each 24 hours) | Yes | No |
| 6. Do your breasts feel full before feedings? | Yes | No |
| 7. Do your breasts feel soft after feedings? | Yes | No |
| 8. Is your baby having bowel movements that are soft and mustard-yellow with small curds? | Yes | No |
| 9. Is your baby having at least 3 - 4 bowel movements each day that are more than a "stain" on the diaper? | Yes | No |
| 10. When you notice a wet diaper, is it pale yellow or clear? (either color is OK) | Yes | No |
| 11. Does your baby seem to be content and satisfied after feeding? | Yes | No |

Please call us if you have any questions about breastfeeding and/or if your nipples or breasts are tender, red or firm.

OSU Breastfeeding Help Line

293-8910

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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Department of Women & Infant Nursing
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- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.