

# How can I tell that breastfeeding is going well?



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Government






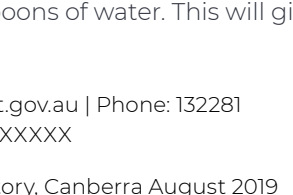
**Canberra Health Services**

Tick (✓) the columns relevant to your baby's behaviour. If you find there are ticks in the red column, talk to your midwife or Maternal and Child Health (MACH) nurse for support. Phone Early Pregnancy and Parenting Support line on 02 5124 1775 or Central Health Intake on 02 5124 9977 or visit [health.act.gov.au/MACH](http://health.act.gov.au/MACH)

Breastfeeding is going well when:		Talk to your midwife or MACH nurse if:	
Your baby has 8 feeds or more in 24 hours.		Your baby is sleepy and has had less than 6 feeds in 24 hours.	
Your baby is feeding between 5 and 40 minutes at each feed.		Your baby consistently feeds for 5 minutes or less at each feed.	
		Your baby consistently feeds for longer than 40 minutes at each feed.	
		Your baby always falls asleep on the breast and/or never finishes the feed.	
Your baby has normal skin colour.		Your baby appears jaundiced (yellow discolouration of the skin). It usually starts on your baby's face and then spreads to the body, arms and legs. If the jaundice increases or your baby is not waking for feeds, please see your midwife, MACH nurse or GP as soon as possible.	
Your baby is generally calm and relaxed whilst feeding and is content after most feeds.		Your baby comes on and off the breast frequently during the feed or refuses to breastfeed.	
Your baby has wet and dirty nappies (see chart on back).		Your baby is not having enough wet and dirty nappies (see chart on back).	
Breastfeeding is comfortable.		You are having pain in your breast or nipples, which doesn't disappear after baby's first few sucks. Your nipple comes out of the baby's mouth looking pinched or flattened on one side.	
Your breast is considerably softer after a feed.		Your breast is not softer or it is lumpy or red after a feed.	
When your baby is 3–4 days of age or older, you are able to hear your baby swallowing frequently during the feed.		You cannot tell if your baby is swallowing any milk when your baby is 3–4 days of age and older.	
		You think your baby needs a dummy/pacifier.	
		You feel you need to give your baby formula milk.	

# Nappies

The content of your baby's nappies will change during the first week. These changes will help you know if feeding is going well. Speak to your midwife, MACH nurse or GP if you have any concerns (Please ✓ in the columns)

Baby's age	Wet nappies	Dirty nappies	What does this 'poo' look like?
1-2 days old	1-2 or more per day Urates may be present up to day four (see below explanation)	1 or more dark green/black 'tar like' called meconium	
3-4 days old	3 or more per day Nappies feel heavier Some girl babies pass pseudo menstruation, which is normal (see below explanation)	Changing in colour and consistency - brown/green/yellow becoming looser	
5-6 days old	5 or more heavy wet*	At least 2 yellow, may be quite watery	
7-28 days old	6 or more heavy wet*	At least 2, at least the size of 50 cent coin, yellow and often watery, 'seedy' appearance	
<b>Urates</b>	<i>Urates</i> are a dark pink/red substance that many babies pass in the first couple of days. At this age they are not a problem, however if they go beyond the first couple of days you should tell your midwife/ MACH nurse as that may be a sign that your baby is not getting enough milk.		
<b>Pseudo menstruation</b>	<i>Pseudo menstruation</i> in the first week is blood tinged mucous discharge from your baby's vagina because of the influence of the hormones they received before and after they were born.		

\* With new disposable nappies it is often hard to tell if they are wet, so to get an idea if there is enough urine, take a nappy and add 2-4 tablespoons of water. This will give you an idea of what to look/feel for.

## Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit: [www.health.act.gov.au/accessibility](http://www.health.act.gov.au/accessibility)



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