

EARLY BREASTFEEDING DAYS

EFFECTIVE BREASTFEEDING:	TALK TO YOUR MIDWIFE IF:
Baby has 8 or more feeds in 24 hours	Baby is sleepy and / or has had less than 8 feeds in 24 hours
Baby is feeding as long as needed at each feed	Baby consistently has short or long feeds
Baby has a normal skin colour	Baby appears jaundiced (skin looks yellow)
Baby is generally relaxed whilst feeding & is content after most feeds	Baby comes on & off the breast frequently during the feed - or - refuses to feed
Baby has wet and dirty nappies (see chart below)	Baby is not having expected wet & dirty nappies (see below)
Nipples are comfortable & rounded after feeding	Pain in breasts or nipples, or nipples look pinched after feeding
From 3-4 days you can hear baby swallowing milk whilst feeding	If you are not sure if baby is swallowing milk or feeding effectively
You are happy with breastfeeding	You feel baby needs a dummy or formula milk (dummies can mask feeding cues)

YOU CAN'T OVER FEED A BREASTFED BABY. Breastfeed for love, comfort, rest & relaxation. Breastfeeding is mothering as well as nutrition.
Please see our webpage for lots of helpful information & support options <https://elht.nhs.uk/services/maternity-and-newborn-services/infant-feeding>

NAPPIES: Nappy contents change during the first week. This indicates that your baby is getting plenty of milk. Share concerns with your midwife.

This leaflet shows colours of dirty nappies <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/off-to-the-best-start/>

BABY'S AGE	WET NAPPIES: Number in each 24 hours	DIRTY NAPPIES (Your baby should 'poo' every day in first few weeks)
1 - 2 days old	1-2	1 or more dark green / black 'tar like' - this is called 'meconium'
3 - 4 days old	3 – nappies feel heavier	2 or more – changing in colour – brown / green / yellow – this is called a 'changing poo'
5 - 6 days old	5– heavy wet nappies	2 or more yellow – may be quite watery
7 - 28 days	6 or more - heavy wet nappies	2 or more (at least the size of a £2 coin) - yellow and watery, 'seedy' appearance

JAUNDICE: Jaundice in new babies can be normal. However, if your baby's skin is a shade of yellow and your baby is sleepy and not feeding effectively, please inform your midwife straight away. Your midwife will monitor your baby and give you advice. Importantly, you will need to ensure your baby feeds effectively. **Ensuring regular and effective feeding will help resolve the jaundice.** This is important. Extra vigilance is needed when your baby was born under 38 weeks gestation. <https://www.nhs.uk/conditions/jaundice-newborn/>

Baby Friendly Team Sept.2022. Review Sept 2025.