



**How can you tell that breastfeeding is going well?**

<b>BREASTFEEDING IS GOING WELL IF:</b>	<b>TALK TO YOUR MIDWIFE IF:</b>
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 he / she wants 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 as per the chart below	Baby is not having the wet and dirty nappies explained below
Breastfeeding and your nipples are comfortable	You have pain in your breasts / nipples
At 3-4 days (and beyond) you should be able to hear your baby swallowing milk frequently during the feed (Suck-swallow)	You're not sure if baby is swallowing milk or feeding effectively
Your nipple still looks rounded at the end of the feed	Your nipple looks pinched or flattened on one side after the feed
You are happy with breastfeeding	You think your baby needs a dummy or formula milk

**READ THE YELLOW BOOKLET – ‘OFF TO THE BEST START’ – for lots of hint and tips**

**REMEMBER YOU CANNOT OVER FEED A BREASTFED BABY- breastfeed for love and comfort, rest and relaxation too –it’s more than just food 😊**

**NAPPIES**

The contents 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 if you have any concerns.

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

**Call your nearest Children’s Centre for breastfeeding support details in your local area**

**NATIONAL BREASTFEEDING HELPLINE 0300 100 0212, 9.30AM-9.30PM, EVERYDAY**