


How can I tell that breastfeeding is going well?

Breastfeeding is going well when: 	Talk to your midwife 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 for between 5 and 30 minutes at each feed	Your baby constantly feeds for 5 minutes or less at each feed Your baby constantly feeds for longer than 40 minutes at each feed
Your baby has normal skin colour	Your baby always falls asleep on the breast and/ or never finishes the feed themselves
	Your baby appears jaundiced (yellow discolouration of the skin) Most jaundice in babies is not harmful, however, it is important to check your baby for any signs of yellow colouring particularly during the first week of life. The yellow colour will usually appear around the face and forehead first and then spread to the body, arms and legs. A good time to check is when you are changing a nappy or clothes. From time to time press your baby's skin gently to see if you can see a yellow tinge developing. Also check the whites of your baby's eyes when they are open and the inside of his/ her mouth when open to see if the sides, gums or roof of the mouth look yellow.
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 over page)	Your baby is not having wet and dirty nappies explained overleaf
Breastfeeding is comfortable	You are having pain in your breast or nipples, which doesn't disappear after the baby's first few sucks. Your nipple comes out of the baby's mouth looking pinched or flattened on one side.
When your baby is 3-4 days old and beyond you should be 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 old and beyond
	You think your baby needs a dummy
	You feel you need to give your baby formula milk

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

Baby's age	Wet nappies	Dirty nappies
1-2 days old	1-2 or more per day urates may be present*	1 or more dark green/ black 'tar like' called meconium
3-4 days old	3 or more per day nappies feel heavier	2 or more changing in colour and consistency - brown/ green/ yellow becoming looser ('changing stool')
5-6 days old	5 or more Heavy wet**	2 or more yellow; may be watery
7-28 days old	6 or more heavy wet	2 or more at least the size of a £2 coin yellow and watery, 'seedy' appearance

* Urates 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 as that may be a sign that your baby is not getting enough milk.

** 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.

Local numbers

Aberdeen Maternity Hospital Infant Feeding Support 01224 552066

Elgin Maternity Unit Infant Feeding Support 01343 567531

Peterhead Maternity Unit 01779 482445

National Numbers

National Breastfeeding Helpline 0300 100 0212

Breastfeeding Network 0300 100 0210

NCT Breastfeeding Helpline 0300 330 0771

Association of Breastfeeding Mothers 0300 330 5453

La Lech League Helpline 0845 120 2918

Useful websites

www.babyfriendly.org.uk

www.breastfeedingnetwork.org.uk

www.feelgoodfactor.org.uk

www.lcgb.org
(Lactation Consultants in the area)

www.laleche.org.uk

www.nct.org.uk

C.Chick Infant feeding coordinator