

KNOWING YOUR BABY IS GETTING ENOUGH

How can I be sure my baby is getting enough breastmilk?

How can I be confident that feeding is going well?

You CAN be sure – by looking for...



At the breast (see 'Off to the best start' leaflet, pages 8-11)

- ✓ Your baby's **cheeks stay rounded** when suckling (1) ☺
- ✓ Baby's **chin is firmly touching breast** (2) with **nose free** (3) ☺
- ✓ It **doesn't hurt you** when your baby feeds (although the first few sucks may feel strong) ☺
- ✓ Your baby **rhythmically takes long sucks and swallows** with occasional pauses ☺
(see 'Is your baby getting enough' and 'Attaching your baby at the breast' video clips on www.globalhealthmedia.org/videos)
- ✓ Your **baby is calm and relaxed when feeding** ☺
- ✓ Your **nipple looks the same shape** at the end of the feed as before the feed (though maybe a little longer) ☺

Your baby will :

- ✓ **come off** the breast on his/her own ☺
- ✓ be **alert** when awake ☺
- ✓ feed at least **8-12 times every 24 hours** in the early weeks ☺

If enough milk is going in... quite a lot will come out!

- ✓ **At least 6 wet, heavy** nappies a day ☺
- ✓ **At least 2 yellow**, very soft, seedy "poos" a day for the first 4-6 weeks ☺
(After 4-6 weeks, still soft and yellow, but may come less often.)

Ways you can help:

- ✓ Watch for your baby's **early feeding cues** and then **offer a feed**
- ✓ Have lots of **skin to skin** contact with your baby
- ✓ After baby comes off the first breast, **offer the second** breast to see if your baby wants it
- ✓ **Remember** feeding is also designed to comfort babies and will not spoil them

If this is what you see, THAT'S GREAT! ☺

If not, please do **talk with your health visiting team, family nurse, or ring our breastfeeding peer support on 020 3316 8439**
– so we can help

Plan:

Name of health visitor, family nurse or peer supporter:

Date: