

# Breastfeeding Checklist

By baby checklist

- Positioning
  - Baby and I are tummy to tummy
  - Baby's ear, shoulder, and hip are in a straight line.
  - Baby's mouth is at my nipple level when I nurse him.
  - Use a pillow to help me be more comfortable.
  - Baby's nose and chin are close to my breast.
  - I support my breast with my thumb on top.
- Latch On
  - Baby's lips are curled out.
  - Baby gets a lot of my areola into his mouth.
  - Baby's cheeks are full while nursing.
  - I can see baby's jaw move as he nurses.
  - I can hear baby sucking and swallowing on a regular basis.
  - I let baby nurse as long as he wants.
  - Baby gives me signs that he is hungry.
- Breastfeeding
  - Baby nurses about every 1 1/2 hours to 3 hours.
  - Baby's urine is clear and/or light yellow, not dark and orange.
  - Baby's bowel movements By day 5, baby's bowel movements are soft, yellow and seedy, and occur regularly.
  - 3 bowel movements a day. During the first 4 weeks, baby has a minimum of 3 bowel movements a day.
  - Baby's skin is firm and healthy.
  - Baby's face, eyes and head are full, not sunken in.
  - Baby is alert and happy.
  - Baby seems happy while nursing.
  - Baby is gaining weight.
- Incorrect Nursing
  - Baby's head is not in line with his body.
  - He is sucking on the nipple only He is sucking on the nipple only, instead of suckling on the areola with the nipple far back in his mouth.

- He is sucking in a light, quick, fluttery manner** He is sucking in a light, quick, fluttery manner rather than taking deep, regular suckles.
- His cheeks are puckered inward.**
- You hear clicking noises.**
- You don't hear him swallow regularly** You don't hear him swallow regularly after your milk production has increased.