Breastfeeding Checklist

Created: 12/28/2011

# Tasks:

☐ **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.*