

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.