

How to Know Breastfeeding is Going Well

Things change quickly in the first few days after birth. Use this checklist as a quick way to tell if breastfeeding is going well.

<p>First 24 hours</p> <ul style="list-style-type: none"> <input type="checkbox"/> Mom can express a drop of colostrum <input type="checkbox"/> Baby latches to the breast <input type="checkbox"/> Baby has a pee <input type="checkbox"/> Baby has a poop 	<p>1 day old</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baby feeds at least 8 times <input type="checkbox"/> Nipples may be tender but are not painful <input type="checkbox"/> Baby has at least one pee (usually dark yellow) <input type="checkbox"/> Baby has at least one poop (that is black and sticky)
<p>2 days old</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baby feeds very often (at least 8 times) <input type="checkbox"/> Baby has at least 2 pees <input type="checkbox"/> Baby has a poop that is no longer black and sticky <input type="checkbox"/> Baby has a few audible swallows (“cah” sound) <input type="checkbox"/> Nipples may be tender but are not painful 	<p>3 days old</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baby feeds at least 8 times <input type="checkbox"/> Baby has at least 3 pees <input type="checkbox"/> Baby has at least 2 poops <input type="checkbox"/> Mom’s breasts begin to feel heavier <input type="checkbox"/> Nipples may be tender but are not painful
<p>4 days old</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baby feeds at least 8 times <input type="checkbox"/> Baby has at least 4 pees <input type="checkbox"/> Pees are heavier and lighter yellow in color <input type="checkbox"/> Baby has at least 2 poops; now yellow, loose, seedy <input type="checkbox"/> Mom’s breasts are heavier <input type="checkbox"/> Nipples may be tender but are not painful <input type="checkbox"/> Baby has some bursts of swallowing every suck <input type="checkbox"/> Baby begins to gain weight 	<p>5 days old</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baby feeds at least 8 times <input type="checkbox"/> Baby has at least 5 heavy colorless pees <input type="checkbox"/> Baby has at least 2 yellow, loose, seedy poops <input type="checkbox"/> Mom’s breasts are full <input type="checkbox"/> Nipples may be tender but are not painful <input type="checkbox"/> Baby has some bursts of swallowing every suck <input type="checkbox"/> Baby is relaxed after most feeds