

How to Know Breastfeeding is Going Well



CHECKLIST

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

First 24 Hours

- You can express a drop of colostrum
- Baby latches to the breast
- Baby has a wet diaper
- Baby has a poop

1 Day Old

- Baby feeds at least 8 times
- Nipples may be tender but aren't painful
- Baby has at least 1 wet diaper
- Baby has at least 1 poop (black and sticky)

2 Days Old

- Baby feeds very often (at least 8 times)
- Baby has at least 2 wet diapers
- Baby's poop is no longer black and sticky
- Baby has a few audible swallows ('cah' sound)
- Nipples may be tender but aren't painful

3 Days Old

- Baby feeds at least 8 times
- Baby has at least 3 wet diapers
- Baby has at least 2 poops
- Your breasts begin to feel heavier
- Nipples may be tender but aren't painful

4 Days Old

- Baby feeds at least 8 times.
- Baby has at least 4 wet diapers
- Wet diapers are heavier and urine is lighter yellow
- Baby has at least 2 poops (now yellow and loose)
- Your breasts are heavier
- Nipples may be tender but aren't painful
- Baby has some bursts of swallowing every suck
- Baby begins to gain weight

5 Days Old

- Baby feeds at least 8 times
- Baby has at least 5 heavy colorless wet diapers
- Baby has at least 2 yellow loose seedy poops
- Your breasts feel full
- Nipples may be tender but aren't painful
- Baby has some bursts of swallowing every suck
- Baby is relaxed after most feeds



It is normal for your baby to continue to feed often. 10, 12 or 14 feeds (or more!) a day is not unusual in the first few weeks.



The best way to develop an abundant milk supply is to feed often, whenever your baby shows signs of hunger.