
 <b>Breastfeeding is going well when:</b>	 <b>Talk to your midwife if:</b>
Your baby has 8 feeds or more in 24 hours	Your baby is sleepy and has had less than 6 feeds in 24 hours
Your baby is feeding for between 5 and 30 minutes at each feed	Your baby consistently feeds for 5 minutes or less at each feed Your baby consistently feeds for at each feed longer than 40 minutes
	Your baby always falls asleep on the breast and/or never finishes the feed himself
Your baby has a normal skin colour	Your baby appears jaundiced (yellow decolouration of the skin) *
Your baby is generally calm and relaxed whilst feeding and is content after most feeds	Your baby comes on and off the breast frequently during the feed or refuses to breastfeed
Your baby has wet and dirty nappies (see chart over page)	Your baby is not having the wet and dirty nappies explained overleaf
Breastfeeding is comfortable	You are having pain in your breasts or nipples, which doesn't disappear after the baby's first, few sucks. Your nipple comes out of the baby's mouth looking pinched or flattened on one side.
When your baby is 3-4 days old and beyond you should be able to hear your baby swallowing frequently during the feed	You cannot tell if your baby is swallowing any milk when your baby is 3-4 days and beyond.
	You think your baby needs a dummy or you feel you need to give your baby formula

<b>Nappies</b>		
The contents of your baby's nappies will change during the first week. These changes will help you know if feeding is going well. Speak to your midwife if you have any concerns.		
Baby's age	Wet nappies	Dirty nappies
1-2 days old	1-2 or more per day, urates may be present*	1 or more dark green/black 'tar like' called meconium
3-4 days old	3 or more per day Nappies feel heavier	2 or more, changing in colour and consistency- brown/green/yellow, looser (changing stool)
5-6 days old	5 or more Heavy wet**	2 or more yellow, may be quite watery
7 days to 28 days old	6 or more Heavy wet	2 or more at least the size of a £2 coin Yellow and watery, 'seedy' appearance

\*Urate are a dark pink/red substance that many babies pass in the first couple of days. At this age they are not a problem. However if they go beyond the first couple of days you should tell your midwife as that may be a sign that your baby is not getting enough milk.

\*\*With new disposable nappies it is often hard to tell if they are wet, so to get an idea if there is enough urine, take a nappy and add 2-4 tablespoons of water. This will give you an idea of what to look/feel for.