

How you and your midwife can recognise that your baby is feeding well					*This assessment tool was developed for use on or around day 5. If used at other times:
What to look for/ask about	✓	✓	✓	✓	Wet nappies: Day 1-2 = 1-2 or more Day 3-4 = 3-4 or more, heavier Day 6 plus = 6 or more , heavy
Your baby: has at least 8 -12 feeds in 24 hours* is generally calm and relaxed when feeding and content after most feeds will take deep rhythmic sucks and you will hear swallowing* will generally feed for between 5 and 40 minutes and will come off the breast spontaneously has a normal skin colour and is alert and waking for feeds has not lost more than 10% weight					
Your baby's nappies: At least 5-6 heavy, wet nappies in 24 hours* At least 2 dirty nappies in 24 hours, at least £2 coin size, yellow and runny and usually more*					Stools/dirty nappies: Day 1-2 = 1 or more, meconium Day 3-4 = 2 (preferably more) changing stools Sucking pattern: Swallows may be less audible until milk comes in day 3-4 Feed frequency: Day 1 at least 3-4 feeds After day 1 young babies will feed often and the pattern and number of feeds will vary from day to day. Being responsive to your baby's need to breastfeed for food, drink, comfort and security will ensure you have a good milk supply and a secure happy baby.
Your breasts: Breasts and nipples are comfortable Nipples are the same shape at the end of the feed as the start How using a dummy/nipple shields/infant formula can impact on breastfeeding?					
Date					Care plan commenced: Yes/No:
Midwife's initials					
Midwife: if any responses not ticked: watch a full breastfeed, develop a care plan including revisiting positioning and attachment and/or refer for additional support. Consider specialist support if needed.					