

## HOW TO RECOGNISE THAT YOUR BABY IS BREASTFEEDING WELL

### 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 on their own.

Has a normal skin colour and is alert and waking for feeds.

Has regained birth weight by 2-3 weeks of age and is gaining weight.

### YOUR BABY'S NAPPIES:

At least 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.

### YOUR BREASTS:

Breasts and nipples are comfortable.

Nipples are the same shape at the end of the feed as they are at the start.

**PLEASE NOTE** - Using a dummy/nipple shield/ when breast feeding –please discuss with your health visitor.

**Giving Infant formula or other drinks may decrease your milk supply. – Please discuss with your health visitor.**

**Keep this in your “red book” to refer to at any time. Please contact your Health Visitor if you are concerned or wish to talk about any of the above points.**

### WET NAPPIES:

Nappies should feel heavy. To get an idea of how this feels take a nappy and add 2-4 tablespoons of water as this will help you know what to expect.

### STOOLS/DIRTY NAPPIES:

By day 10-14 babies should pass frequent soft runny yellow stools, 2 being the minimum you would expect. After 4-6 weeks this may change with some babies going a few days or more without stooling. Breastfed babies are never constipated and when they do pass a stool it will still be soft, yellow and abundant.

For more information click here: [baby's growth](http://www.healthierlsc.co.uk/baby's growth) or go to <https://www.healthierlsc.co.uk/BetterBirths/AfterBirth>

### FEED FREQUENCY:

Young babies will feed often which is perfectly normal and the pattern and the number of feeds will vary from day to day.

**Breastfeeding provides food, protection and comfort.  
Feelings of love and security helps to  
develop your baby's brain.**

You can also feed your baby when your breasts feel full and uncomfortable or when you would like to rest and relax together.

### MY USEFUL NUMBERS & WEBSITES:

- ✓ [National Helpline](#) (365 days / year) **0300 100 0212**
- ✓ [My health visitor](#) **0300 247 0040**
- ✓ [Families & Babies](#) Breastfeeding Peer Support **01254 772929**