



Breastfeeding Checklist



Use this list to see if your baby is getting enough breast milk:



Is your baby alert and active?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Is your baby happy after breastfeeding?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does your baby breastfeed at least 8 times every 24 hours?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you see your baby swallow during breastfeeding?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
By the third day, is your baby pooping at least 3 times a day?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
By the fifth day, does your baby:		
<input type="radio"/> Weigh within 10 percent of body weight at birth?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<input type="radio"/> Make yellow poop instead of black?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<input type="radio"/> Have clear or pale yellow pee?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<input type="radio"/> Have 6 or more wet diapers a day?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
By 10–14 days, is your baby back to birth weight?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

**If you answer “No” to any of these questions,
you need to talk with a nurse about breastfeeding.**

A nurse can help you with breastfeeding.

Call this number to talk with a nurse about breastfeeding:

Referral:





Breastfeeding Timeline

At birth:

- Place your baby directly on your chest (skin to skin) right after birth and hold your baby close to your skin as much as possible after your baby is born. Holding your baby close gives you and your baby the best start for breastfeeding.
- Breastfeed often to build your milk supply.
- Talk with a nurse about your baby "latching" on to your breast.

1–4 days:

- Colostrum is the first milk you make. Massaging this first milk out by hand or pump is good if your baby isn't eating well.
- Make sure your baby is eating when your baby shows signs of hunger, like crying, sucking on hands, smacking lips or fussing. It's important for your baby to eat at least 8 times every 24 hours. You might have to wake up your baby to eat.
- If you can't tell if your baby is eating well, make sure to talk with a nurse.
- Follow the feeding record that the hospital gives you. It will tell you if your baby is eating well.
- Schedule your baby's first doctor visit.



3–5 days:

- Keep your breasts empty by nursing or pumping. This will keep your breasts from becoming too full. Babies can have trouble "latching" on to a full breast.
- If your breasts become full and tender, you can switch between hot and cold packs to make them feel better.
- You should begin to see and hear your baby suck and swallow. This shows you that your baby is eating well.
- Your nipples could become sore. Use Lanolin cream or Hydrogel dressing to help with the soreness. You can find these at your drug store.

6–10 days:

- Any nipple soreness should go away at this point.
- Your baby should be happy after eating. Your breasts might feel softer after a feeding. They also might leak between feedings. The leaking usually goes away after a few weeks.
- Your baby should have 6–8 wet diapers and 3–4 poops every day. This should continue for the first 2 months of life.
- You should still breastfeed 8 or more times every 24 hours.
- By 14 days, your baby should be back to birth weight.

*If you have any questions or problems, please call a breastfeeding nurse.
The nurse can help you with breastfeeding.*

For more help, call the **Arkansas Breastfeeding Helpline** at **1-800-445-6175**
24 hours a day/7 days a week. It's free and anyone can call.

The Helpline is offered by WIC (Special Supplemental Nutrition Program for Women, Infants and Children).



Baptist Health

This triage guide developed by
Jessica Donahue, RN, IBCLC with a grant from:

**Blue & You
Foundation**
For a Healthier Arkansas



**ARKANSAS DEPARTMENT OF
HUMAN SERVICES**

THE INFORMATION WILL HELP YOU LEARN ABOUT SOME BENEFITS PROVIDED UNDER MEDICAID. AFMC IS NOT PROVIDING LEGAL ADVICE. REVISED JULY 2019.

