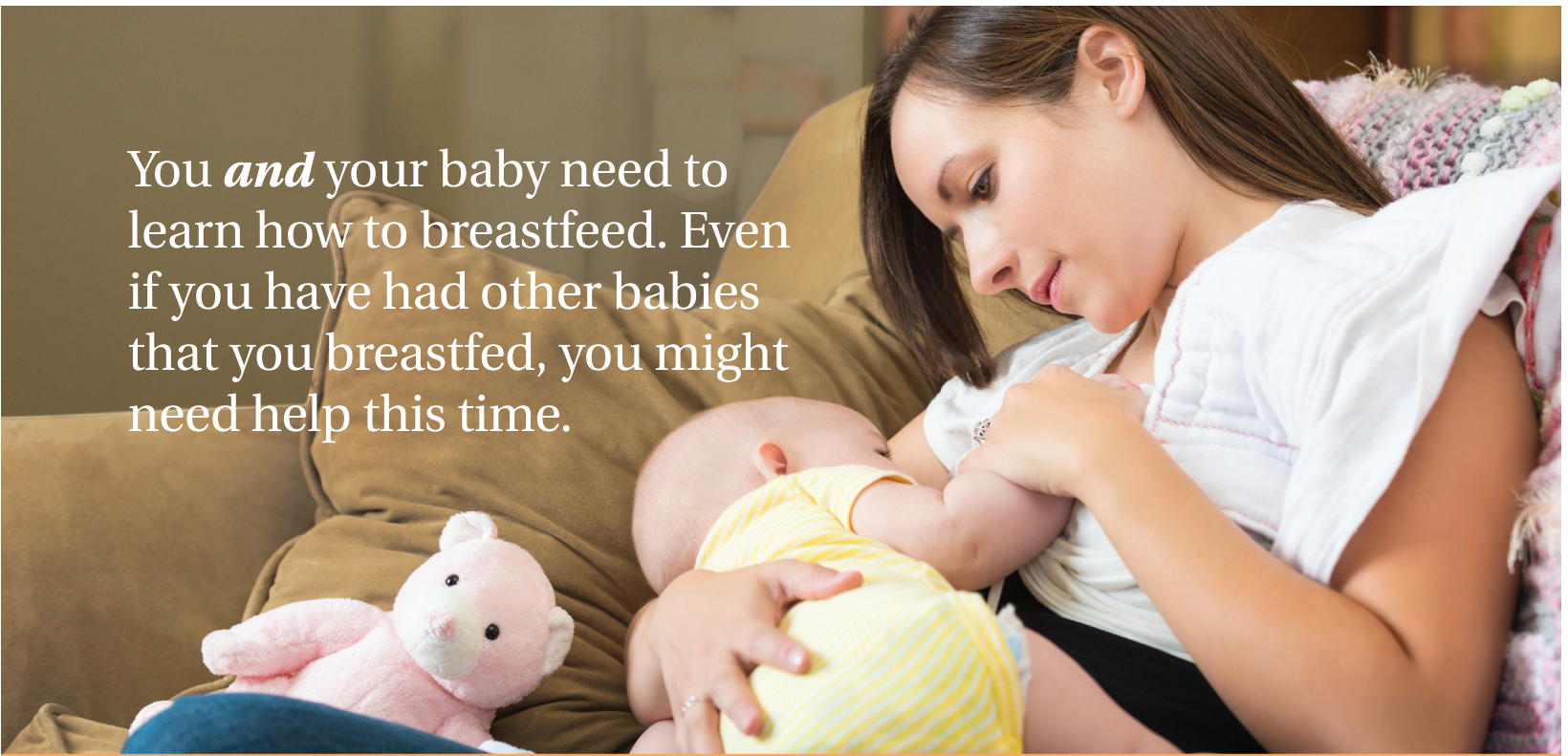


You *and* your baby need to learn how to breastfeed. Even if you have had other babies that you breastfed, you might need help this time.



Breastfeeding Success – Ask for Help

It is ok to ask for help

You *and* your baby need to learn how to breastfeed. Even if you have had other babies that you breastfed, you might need help this time. If you have any questions or if you are having trouble breastfeeding your new baby, ask a breastfeeding specialist for help.

Do I need to ask for help?

When your baby is at least **4 days old**, answer these questions.

If you answer **NO** to any of the questions, you should ask a breastfeeding specialist for help.

1. Do you feel breastfeeding is going well for you so far? **Yes No**
2. Do you feel that your body is making more milk? Do your breasts become firm or full between feedings? **Yes No**
3. If your nipples were sore when you started breastfeeding, are they starting to feel better now? **Yes No**
4. Does your baby usually wakeup on their own to breastfeed? **Yes No**
5. Can your baby latch on to your breasts without problems? **Yes No**
6. Does your baby keep sucking rhythmically for at least 10 minutes each time they breastfeed? **Yes No**
7. Do you hear your baby swallow while they are breastfeeding?
(Swallowing sounds like your baby is saying "uh" or "uh-huh".)? **Yes No**
8. Right after breastfeeding, does your baby seem satisfied?
(Are their fingers and hands relaxed, are they not rooting, sucking on their hands, or needing a pacifier)? **Yes No**
9. Does your baby breastfeed at least every 2 to 3 hours?
(At least 8 to 12 nursing sessions each 24-hours)? **Yes No**
10. Do your breasts feel full when your baby does not breastfeed for a long time (3 to 5 hours)
and soft after your baby breastfeeds? **Yes No**
11. Does your baby have at least 3 bowel movements (poops) each day? **Yes No**
12. Are your baby's poops yellow and soft, almost runny? **Yes No**
13. Does your baby have at least 4 wet (urine) diapers each day? **Yes No**



Breastfeeding Success – Ask for Help

Signs that breastfeeding is going well

After your baby is born, they will lose a little weight. This is normal. When your baby is 2 weeks old, they should weigh the same, or have gained more, as when they were born.

- When your baby is breastfeeding, their mouth looks like they are yawning and their bottom lip is flipped out.
- You can hear or see your baby swallow while they breastfeed.
- Your baby breastfeeds 8 to 12 times in 24 hours.
- Your baby is calm, sleepy or relaxed after they breastfeed.
- Your baby has several dirty diapers each day.

Find a breastfeeding specialist or support group near you by visiting health.ri.gov/breastfeeding

Disclaimer: Some content adapted with permission from "How is Breastfeeding Going?", September 2016, University of Washington Medical Center, Seattle, Washington.

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health.ri.gov/breastfeeding