

Breastfeeding checklist when baby is 3 to 4 days old

1. Does your baby breastfeed at least 8-12 times in one day?
 YES NO
2. Are you feeding the baby when you see feeding cues (these are: lip smacking, bringing one or both hands to the mouth, moving head side to side, making faces like he is going to cry or fussing sounds)?
 YES NO
3. Do you hear the baby swallowing?
 YES NO
4. Does the baby seem full and satisfied after the feeding?
 YES NO
5. Do your breasts feel less full after the feeding?
 YES NO
6. Does your baby have at least 4-6 urine (pee) diapers each day?
 YES NO
7. Does your baby have at least 3-5 soft stools (bm's) each day?
 YES NO

IF any NO, refer to Breastfeeding questions phone help below:

You can call these numbers yourself!

Breastfeeding Questions - ask a question or make an appointment to see a lactation consultant:

Eastside MacDonald Lactation Center – 440-995-3830

Westside MacDonald Lactation Center – 440-250-2035

Breastfeeding Pumps: ask the MomsFirst Lactation Counselor or your Community Health Worker for help.

Medic Home Health Care (701 Beta Drive, Cleve, 44143): 440-449-7727 (fax 440-449-7725)

Edgepark (www.edgepark.com): 1-800-321-0591 (fax 330-963-6172)

Walgreens (6605 Mayfield Rd, Mayfield Hts 44605): 440-605-1956

If you are a WIC participant, pumps are available at no cost if your baby is 3 weeks old, exclusively breastfeeding, and you are returning to work or school (part-time or full-time). Contact your WIC office!

Helpful breastfeeding websites:

www.lowmilkupply.org; www.breastfeeding.com; www.drjacknewman.com