How Is Breastfeeding Going?
Questions to ask when your baby is about 4 days old

Ask yourself these questions when your newborn is about 4 days old. Circle “Yes” or “No” for each question.

1. **Do you feel breastfeeding is going well for you and your baby at this time?**
   Yes  No

2. **Has your milk come in?** Did your breasts get firm and full when your baby was 2 to 4 days old?
   Yes  No

3. **Is any nipple soreness starting to get better?**
   Yes  No

4. **Does your baby usually ask to feed?** Answer “No” if your baby is sleepy and needs to be awakened for most feedings.
   Yes  No

5. **Is your baby able to attach to your breasts easily?**
   Yes  No

6. **Does your baby suck in rhythm for at least 10 minutes at each feeding?**
   Yes  No

7. **While you are nursing, do you hear your baby swallow with at least every 3rd suck?** A baby’s swallowing sounds like “uh” or “uh-huh.”
   Yes  No

By the 4th day, most mothers notice changes in their breasts and in their baby’s nursing habits.
8. **Right after feedings, does your baby seem satisfied?**
   This means your baby is not rooting or sucking on their hands.
   
   Yes  No

9. **Does your baby nurse every 1½ to 3 hours, with no more than 1 long break of up to 5 hours each day?**
   This is at least 8 feedings each 24 hours.
   
   Yes  No

10. **Do your breasts feel full when your baby goes a long time without nursing, and softer after nursing?** “A long time” is 3 to 5 hours.

   Yes  No

11. **Is your baby having at least 4 good-sized bowel movements each day?** “Good-sized” means that each one is more than just a stain on the diaper.

   Yes  No

12. **Are your baby’s bowel movements turning yellow and soft, almost runny?**

   Yes  No

13. **Is your baby wetting diapers at least 4 to 5 times a day?**

   Yes  No

**If You Circled “No”**

If you answered “No” to 1 or more of these questions, call UWMC Lactation Services at **206.598.4628**. Breastfeeding problems are easier to correct when you first start to breastfeed, and harder to solve if you wait.

---

**Questions?**

Your questions are important. If you have questions about breastfeeding, please call Lactation Services: **206.598.4628**.

---

**Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.**

*Adapted from The Lactation Program, 901 E. 19th Ave., Denver, CO 80203*