How can I tell that breastfeeding is going well?

Breastfeeding is going well when:	Talk to your midwife or health visitor if:
Your baby:	**Your baby:**
Has a minimum of 8 feeds in 24 hours (after the first 24 hours).	Is excessively sleepy and has had less than 6 feeds in 24 hours (after first 24 hours).
Feeds are between 5-40 minutes at each feed.	Consistently feeds for 5 minutes or less or more than 40 minutes at each feed. Your baby is always sleepy at the breast and/or never finishes the feed.
Has normal skin colour.	Appears jaundiced (yellow discolouration of the skin). *Most jaundice in babies is not harmful; however, it is important to check your baby for any signs of yellow colouring, particularly during the first week of life. A good time to check is when you are changing a nappy or clothes. Press your baby's skin gently, on the nose or forehead for light- skinned babies and the palms of hands and soles of feet for darker skinned babies, to see if you can see a yellow tinge developing. Also check the whites of your baby's eyes when they are open and the inside of his/her mouth when open to see if the sides, gums or roof of the mouth look yellow.*
Is generally calm and relaxed when feeding and is content after most feeds.	Comes on and off the breast frequently or refuses to breastfeed.
Has wet and dirty nappies (see colour chart over page).	Is not having wet and dirty nappies (explained overleaf).
Your find breastfeeding is comfortable.	You are having pain which doesn't resolve after the first few sucks, your nipple comes out of the baby's mouth looking pinched or flattened on one side.
When your baby is 3-4 days old and beyond you should be able to hear swallowing frequently during a feed.	You cannot tell if your baby is swallowing when 3-4 days old and beyond. You think your baby needs a dummy. You feel you need to give formula milk.

The principles of how to breastfeed and meet your baby's feeding cues

Principles of positioning and attaching: Hold your baby in close. Ensure baby's head is free to tilt back. Ensure baby's head, neck shoulders and body are all facing the breast so baby is not twisted. Start with your nipple just above baby's top lip, opposite their nose. Bring baby to breast when you see baby's mouth opening wide. Aim your nipple to the roof of baby's mouth. Ensure baby's chin touches your breast and their nose is free.	**Responsive breastfeeding:** You recognise early feeding cues (baby's tongue poking out, more head movement, getting fidgety, hands at baby's mouth) and respond by feeding your baby without letting your baby cry excessively. Notice and respond to your own signals of breasts fullness or tingling and/or the need to feed for comfort or convenience for yourself or the baby.

Nappy chart

The contents of your baby's nappies will change during the first week. These changes will help you know if feeding is going well. Speak to your midwife or health care professional if you have any concerns			
Baby's age	**Wet nappies**	**Dirty nappies**	
1-2 days old	1-2 or more per day, urates may be present*	1 or more dark green/black 'tar like', called meconium	
3-4 days old	3 or more per day nappies feel heavier	At least 2, changing in colour and consistency – brown/green/yellow, becoming looser ('changing stool')	
5-6 days old	5 or more heavy wet**	At least 1-2, yellow; may be watery	
7 days to 28 days old	6 or more heavy wet clear coloured	Usually at least 2, at least the size of a £2 coin, yellow and watery, 'seedy' appearance (After 28 days may be less frequent)	

*Urates are a dark pink/red substance that many babies pass in the first couple of days. At this age they are not a problem. However, if they go beyond the first couple of days you should tell your midwife as that may be a sign that your baby is not getting enough milk.

**With new disposable nappies it is often hard to tell if they are wet, so to get an idea if there is enough urine, take a nappy and add 2-4 tablespoons of water. This will give you an idea of what to look/feel for.

Babies are usually back to birthweight by 3 weeks. Over time, your baby will move up to the next sized nappy/clothes.

https://childliverdisease.org/wp-content/uploads/2019/04/CLDF-Yellow-Alert-Stool-Chart.pdf