BREASTFEEDING IS GOING WELL WHEN...

- Your baby is feeding at least 8 to 12 times per 24 hours
  (Watch the Baby – Not the Clock)
  - Let the baby breastfeed when hungry
  - Feed at the earliest signs of hunger:
    hands to mouth, sucking movements, soft cooing,
    sighing, or stretching
  - Cluster feeding is common:
    feeding every hour for several feedings and then
    sleeping for 3-4 hours
  - Crying is a late sign of hunger
  - Avoid pacifiers for the first month!

- The baby has bursts of sucks and swallows (that you can hear) in a row at the beginning of each feeding
  - As your breast softens, the baby slows down to
    2-3 sucks and swallows at a time
  - Offer other breast when baby slows
  - Take turns starting feeding on each breast

- You feel a tug, but not pain, when the baby sucks
  - No cracked or bleeding nipples
  - Proper latch prevents pain
    o Lips rolled out like a fish
    o Chin to breast
    o Wide open mouth
    o Tummy to tummy
    o Nose to nipple

- Your baby is not fussy when you finish breastfeeding

IT IS NORMAL IF...

- You feel sleepy during feedings
- You notice increased vaginal discharge and belly cramping during or after feedings for the first 3-4 days

YOUR BABY WILL START TO GAIN-weight as your milk supply increases (usually on day 3-5) and will gain 4-7 ounces per week
Remember that breastfeeding, the baby's latch and milk production are all changing over the first 2 to 3 weeks. Give yourself time to become the expert on your baby's feeding.