

# BREASTFEEDING EVALUATION

## The Early Weeks

Feedings	<ul style="list-style-type: none"><li>In response to baby's early cues: rooting, fist sucking, smacking, searching</li><li>Sleepy newborn awakened every 2-3 hours during most of day</li><li>8-12 feedings / day, 20-40 minutes / feeding, both breasts offered</li><li>Increased frequency during growth spurts</li></ul>
Position	<ul style="list-style-type: none"><li>Mother relaxed and comfortable with good back support</li><li>Pillows support baby, head and body aligned, facing breast</li><li>Baby held close, slightly flexed toward mother, mouth at nipple level</li><li>Mother's arm and hand provide support to sustain baby securely at breast</li><li>Mother's supporting arm propped on pillow for added stability</li><li>Mother's other hand supports / guides breast, fingers well back from areola</li></ul>
Latch	<ul style="list-style-type: none"><li>Mother strokes baby's lips with nipple until mouth opens wide and tongue is down</li><li>Quickly, nipple is centered over baby's tongue and baby is guided well onto breast</li><li>Baby's lips flange out over areola, sealed tight on breast, 1" (2-3cm) beyond nipple base</li><li>Tongue cupped under nipple and extended over lower gum ridge</li><li>Nose tip and chin touching breast</li></ul>
Suck	<ul style="list-style-type: none"><li>Mother feels snug tug, strong suction, taut pull - more so at beginning of feeding</li><li>Cheeks remain full and rounded (not dimpled inward)</li><li>Rhythmic pattern: active series of wide jaw expansions with brief rest pauses</li></ul>
Milk Flow	<ul style="list-style-type: none"><li>Mother feels uterine cramps, thirst, and sleepiness</li><li>Mother feels tingling rush of fullness toward nipple (after day 3)</li><li>Milk observed dripping from other nipple, and inside baby's mouth (after day 3)</li></ul>
Intake	<ul style="list-style-type: none"><li>Swallows seen, felt, or heard; initially after several sucks, after day 2 more frequently</li><li>Mother's breasts feel fuller before and softer after feedings</li><li>Baby is satisfied and content for 2 - 3 hours</li><li>Baby is alert and active at intervals</li><li>Baby's skin is supple and inside of mouth is pink and moist</li><li>Soft spot at top of baby's head is level (not sunken)</li></ul>
Output	<ul style="list-style-type: none"><li>Urine: Color: pale yellow</li><li>Frequency: 6-8/day (after initial 48 hours)</li><li>Amount: well saturated diapers</li><li>Bowel Movement: Color: pale, bright, or deep yellow (after initial black to brown)</li><li>Consistency: very soft, mushy, or seedy appearance</li><li>Frequency: 3-8 / day</li><li>Amount: can vary from a smear to a significant quantity of 1-4 tablespoons</li><li>count each BM that is = or &gt; 1 tablespoon (15ml or 1/2 fluid oz)</li></ul>
Weight Gain	<ul style="list-style-type: none"><li>1 - 2 oz / day (after initial weight loss in first 48-72 hours)</li><li>Back up to birth weight within 2 weeks</li></ul>

Promptly seek guidance from health care providers that are knowledgeable in lactation support for any questions or concerns

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