

Breastfeeding Worksheet

Wondering if your baby is getting enough milk and if you are breastfeeding correctly? When your baby is 4 to 7 days old, answer these questions:

Questions	Your Response
Has my milk come in?	<input type="radio"/> Yes <input type="radio"/> No
Can my baby latch on to my breast without difficulty?	<input type="radio"/> Yes <input type="radio"/> No
Do I hear regular swallowing sounds while my baby nurses?	<input type="radio"/> Yes <input type="radio"/> No
Does my baby continue suckling and swallowing for at least 10 minutes?	<input type="radio"/> Yes <input type="radio"/> No
Does my baby usually act hungry before feeding?	<input type="radio"/> Yes <input type="radio"/> No
Does my baby usually nurse at both breasts at each feeding?	<input type="radio"/> Yes <input type="radio"/> No
Does my baby nurse at least eight to 12 times in 24 hours?	<input type="radio"/> Yes <input type="radio"/> No
Do my breasts feel full before feedings and softer after feedings?	<input type="radio"/> Yes <input type="radio"/> No
Are my nipples sore only at the initial latch-on?	<input type="radio"/> Yes <input type="radio"/> No
Does my baby have two or more good-sized bowel movements each day?	<input type="radio"/> Yes <input type="radio"/> No
Does my baby have four or more wet diapers a day?	<input type="radio"/> Yes <input type="radio"/> No
Does my baby seem content after most feedings?	<input type="radio"/> Yes <input type="radio"/> No
Is my baby receiving only breast milk (no water or formula)?	<input type="radio"/> Yes <input type="radio"/> No
Do I feel like I have enough milk for my baby?	<input type="radio"/> Yes <input type="radio"/> No
Do I think breastfeeding is going well?	<input type="radio"/> Yes <input type="radio"/> No

If you answered “no” to any of these questions, call your baby’s health care provider or contact other support people.