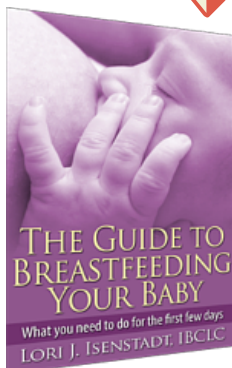


Checklist #2 Signs that breastfeeding is not going well:

- Your baby loses more than 10% of birthweight in the first 4 days
- Your baby continues to lose weight after the 4th day.
- Your baby is not back to birthweight at 2 weeks old.
- Your baby is not waking up for at least 8 feedings a day. (If your baby is gaining well and all the other signs that breastfeeding is going well, this is probably not a problem.)
- Breastfeedings take an hour or longer and baby still does not seem full.
- Excessive fussiness/ sleepiness usually means something is not quite right.
- Your 4 day old baby has less than 4 soaking wet diapers (clear or lightly yellow in color) and less than 3 quarter size yellow mustardy stools every 24 hours.
- If you are supplementing because baby is not getting enough at breast.
- If you are pumping because breastfeeding is hurting

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Breastfeeding Made Simple
By Nancy Mohrbacher
The Womanly Art of Breastfeeding
By La Leche League

Lori J Isenstadt IBCLC
All About Breastfeeding
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