

# Breastfeeding Checklist for Newborns

*Post on your refrigerator or on the back of your bathroom door.*

Baby's birth date and time: \_\_\_\_\_

Your baby will be 4 days old on \_\_\_\_\_

Baby's birth weight: \_\_\_\_\_

Baby's discharge weight: \_\_\_\_\_

*(It's normal to lose up to 7% from birth)*

Baby's weight at check-up 2 days after discharge: \_\_\_\_\_

Baby's second week weight \_\_\_\_\_

*(Baby should have regained his birth weight by 14 days).*

## Important Numbers:

Pediatrician: \_\_\_\_\_

OB-GYN Doctor: \_\_\_\_\_

Lactation Consultant: \_\_\_\_\_

Find more support near you at [Zipmilk.org](http://Zipmilk.org) –  
just enter your zip code.

## Some signs that breastfeeding is going well:

- Your baby is breastfeeding at least 8 times every 24 hours.
- Your baby has at least 4 yellow bowel movements every 24 hours by day 4.
- You can hear your baby gulping or swallowing at feedings.
- Once your baby latches on, your nipples do not hurt when your baby nurses.
- Your baby is receiving only breast milk.

## Check in with your pediatrician's office or lactation consultant if:

- Your baby is having fewer than 4 poopy diapers per 24 hours by day 4.
- There are any red stains in the diaper after day 3. (It can be normal in the first 3 days.)
- Your baby is still having black tarry bowel movements on day 4.
- Your baby is not breastfeeding at least 8 times every 24 hours.
- You can't hear your baby gulping or swallowing, or you can't tell.
- Your nipples hurt during feeding, even after the baby is first latched on.
- Your baby does not seem satisfied after most feedings.

It is your responsibility to contact your baby's doctor to schedule visits, including a visit 2 days after going home.

**Do not wait to call your baby's doctor or the lactation consultant if you think breastfeeding is not going well.**

