



# WELL-FED BABY CHECKLIST

Questions created by [Stanford.edu](https://www.stanford.edu)

Mostly *\*yes\** answers are a sign baby is well-fed.

- Does baby have several bowel movements in 24 hours that are mustard yellow with curds in them?
- Does baby have 5-7 wet diapers in 24 hours?
- Do your breasts feel full before feeding and softer after feeding?
- If there's been nipple soreness, has this been resolved?
- Do you hear swallowing when the baby is breastfeeding?
- Is the baby eating at least 8 times in 24 hours?
- Does the baby seem satisfied after a feeding?
- Is there a lack of sore, tender, or red and firm areas in either breast?
- Has the baby started gaining 1/2 - 1 ounce per day?

If you're concerned about any of these signs,  
contact your healthcare provider.

For individualized nursing support, contact your local LLL Leader.