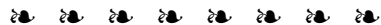


Lactation Consultant Name & Phone:

BREASTFEEDING IS GOING WELL IF:

- * Your baby is breastfeeding at least 8 times in 24 hours.
- * Your baby has at least 5 - 6 good wet diapers every 24 hours.
- * Your baby has at least 3 tablespoon-size bowel movements every 24 hours. (a "scoopable poop")
- * You can hear your baby gulping or swallowing at feedings.
- * Your breasts feel firmer before a feeding, and softer after one.
- * Your nipples are not painful, excluding momentarily on latch.
- * Breastfeeding is an enjoyable experience.



☞ Remember! If you go home from the hospital in 72 hours or less, your baby should be seen by a physician two or three days after discharge and again at 10 days to two weeks of age. It is your responsibility to contact the clinic or office to schedule these visits, and to notify them and/or your board certified lactation consultant if at any time you feel breastfeeding isn't going just right for either you or your baby.

WARNING SIGNS!

CALL YOUR BABY'S DOCTOR
OR LACTATION CONSULTANT IF:

- * Your baby is having fewer than 5-6 good wet diapers a day by the 4th day of age.
- * Your baby is having fewer than 3 or 4 yellow seedy stools ("scoopable poops" of at least 1 tablespoon) by the 4th day of age, or is still having blackish green stools on day 5.
- * Your baby is breastfeeding fewer than 8 times a day.
- * Your milk is in but you don't hear your baby gulping or swallowing frequently during breastfeeding.
- * Your nipples are painful throughout the feeding.
- * Your baby seems to be breastfeeding "all the time," or consistently falls asleep within a minute or two at the breast.
- * You don't feel as if your milk has come in by the 5th day.

Baby's birthdate and time _____
Your baby will be 4 days old on _____
Baby's birth weight _____
Baby's discharge weight _____