

## Questions to Ask When Breastfeeding Worksheet

Wondering if your baby is getting enough milk and if you are breastfeeding efficiently?  
When your baby is *4 to 7 days old*, answer the following questions.

Question	Answer
Has my milk volume increased?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Can my baby latch on to my breast without difficulty?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do I hear regular swallowing while my baby nurses?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does my baby continue sucking and swallowing for at least 10 minutes?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does my baby nurse at least 8 to 12 times in 24 hours?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do my breasts feel full before feedings and softer after feedings?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Are my nipples sore only at the initial latch-on?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does my baby have 3 or more good-sized bowel movements each day?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does my baby have 6 or more wet diapers a day?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does my baby seem content after most feedings?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is my baby receiving only breastmilk (no water or formula)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do I feel like I have enough milk for my baby?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do I think breastfeeding is going well?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If you answered “no” to any of these questions, call your hospital’s or clinic’s lactation department or your baby’s health care provider.	