

## Questions to ask when baby is one week old

If you can answer "yes" to each of these questions when your baby is one week old, then you know breastfeeding is going well.

If you answer "no" to any of these questions, call your baby's doctor or a breastfeeding helper. Getting help early is best for enjoyable breastfeeding.

1. Is breastfeeding going well?
2. Does your baby breastfeed at least 8 times each 24 hours?
3. Does your baby have at least 6 very wet diapers each day?
4. Does your baby have at least 4 large yellow bowel movements each day?
5. Is your baby getting only breastmilk?  
(no formula or water)
6. Do you let your baby finish the first breast before you offer the other side?
7. Is your baby happy or sleepy after breastfeeding?  
(not in need of a pacifier)
8. Are your breasts and nipples comfortable?

### References:

- Bloomingdale, Terri, IBCLC: Breastfeeding Checklist  
Kutner, Linda, RN, IBCLC: Refrigerator List  
Neifert, Marianne, MD: Early assessment of the breastfeeding infant.  
Contemporary Pediatrics 13(10):142-166, 1996

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You may copy this paper provided by the Philadelphia Department of Public Health,  
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## How To Know Your Breastfeeding Baby Is Getting Enough



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Name and telephone number of a breastfeeding helper

# My Breastfeeding Record for the First Week

Use this record when you breastfeed and when your baby needs a diaper change during the first week. This will help you keep track of how well your baby is breastfeeding. Look at the sample.

1. Circle the hour closest to when your baby starts each breastfeeding.
2. Circle the **W** when your baby has a wet diaper.
3. Circle **BM** when your baby has a bowel movement.

It is OK for your baby to have more wet diapers or more bowel movements than the goal. Call your breastfeeding helper if your baby has less than the goal on the record.

Birth Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_\_\_ AM PM  
 Birth Weight \_\_\_\_\_ Discharge Weight \_\_\_\_\_

Sample for Day One													GOAL (at least)											
12	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	6 to 8
Wet Diaper													1											
Black tarry bowel movement													1											
On the first day this baby fed 7 times, wet one diaper, and had two bowel movements.																								

Day One													GOAL (at least)											
12	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	6 to 8
Wet Diaper													1											
Black tarry bowel movement													1											

Day Two													GOAL (at least)											
12	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	6 to 8
Wet Diaper													2											
Brown tarry bowel movement													2											

Day Three													GOAL (at least)											
12	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	8 to 12
Wet diapers													3											
Green bowel movement													2											

Day Four													GOAL (at least)											
12	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	8 to 12
Wet diapers													4											
Yellow bowel movement													3											

Day Five													GOAL (at least)											
12	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	8 to 12
Wet diapers													5											
Yellow bowel movement													3											

Day Six													GOAL (at least)											
12	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	8 to 12
Wet diapers													6											
Yellow bowel movement													4											

Day Seven													GOAL (at least)											
12	1	2	3	4	5	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	8 to 12
Wet diapers													6 to 8											
Yellow bowel movement													4 to 12											

Baby's weight at one week \_\_\_\_\_