

BREASTFEEDING CHECKLIST FOR NEWBORNS

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

Important Numbers:

Pediatrician: _____

OB: _____

The Baby Suites Lactation Line: 407-518-3380

Baby's birth date and time: _____

Your baby will be 4 days old on: _____

Baby's birth weight: _____

Baby's weight on discharge: _____

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

Baby's weight at first pediatric checkup: _____

Baby's second week weight: _____

(Baby should be back to birth weight by 14 days after birth)

Some signs that breastfeeding is going well:

Your baby is breastfeeding 8-12 times every 24 hours.

- ☐ Your baby has at least 4 yellow seedy stools every 24 hours by day 4.
- ☐ You can hear your baby swallowing/gulping during breastfeeding.
- ☐ You do not feel nipple pain after initial latch on.
- ☐ Your baby is receiving only breast milk.

Check with your pediatrician 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. (This is normal in the first 3 days)
- ☐ Your baby is still having black tarry (meconium) stools on day 4.
- ☐ Your baby is not breastfeeding at least 8 times every 24 hours.
- ☐ You can't hear your baby swallowing during breastfeeding.
- ☐ 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 the first visit after going home from the hospital.

DO NOT wait to call your baby's doctor or Lactation consultant if you think breastfeeding is not going well!

THE BABY SUITES &
Neonatal Intensive Care Unit 

Osceola Regional Medical Center

For healthcare questions 24/7, call our free Consult-A-Nurse® service at 1-800-447-8206.
700 West Oak Street, Kissimmee, FL 34741 | (407) 846-2266 | www.osceolaregional.com