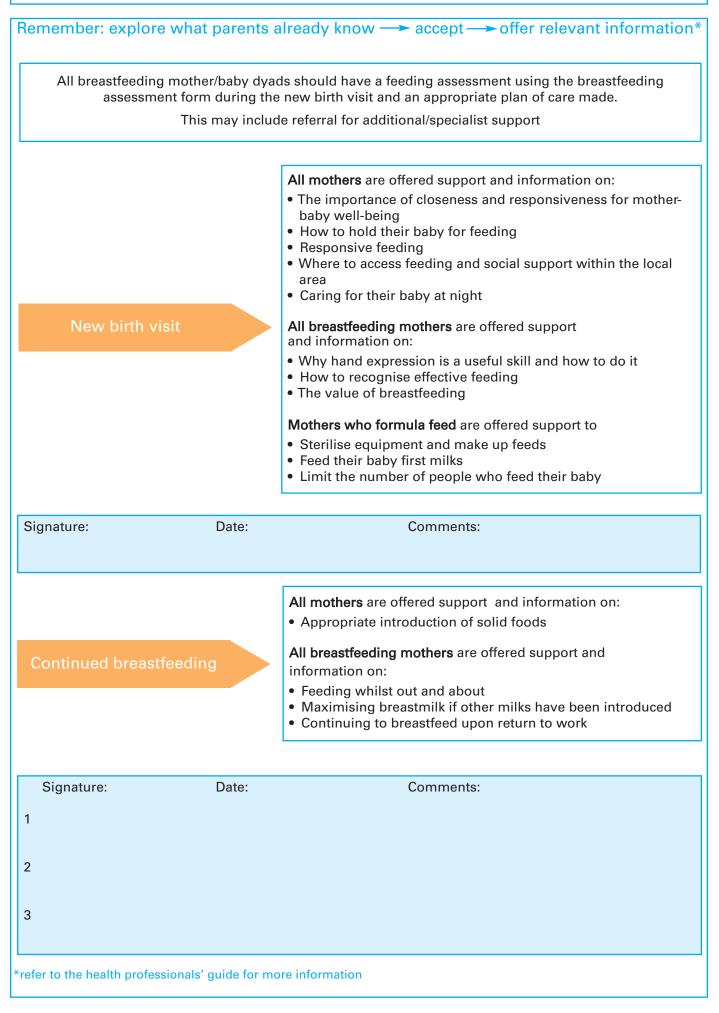
Conversations for the health visiting team: Key points



How you and your health visitor can recognise that your baby is feeding well			This assessment tool was developed for use in or around day 10-14	
What to look for/ask about	\checkmark	\checkmark		Wet nappies:
Your baby: has at least 8 -12 feeds in 24 hours				Nappies should feel heavy. To get an idea of how this feels take a nappy and add 2-4 tablespoons of water as this will help you know what to expect.
is generally calm and relaxed when feeding and content after most feeds				
will take deep rhythmic sucks and you will hear swallow- ing				Stools/dirty nappies:
will generally feed for between 5 and 40 minutes and will come off the breast spontaneously				By day 10-14 babies should pass frequent soft runny yellow stools every day with 2 stools being the minimum you would expect.
has a normal skin colour and is alert and waking for feeds				
Has regained birth weight				
				After 4-6 weeks when breastfeeding is more established this may change with some babies going a few days or more with- out stooling. Breastfed babies are never constipated and when they do pass a stool it will still be soft, yellow and abundant.
Your baby's nappies: At least 6 heavy, wet nappies in 24 hours				
At least 2 dirty nappies in 24 hours, at least £2 coin size, yellow and runny and usually more				
				 Feed frequency: Young babies will feed often and the pattern and number of feeds will vary from day to day. Being responsive to your ba- by's need to breastfeed for food, drink, comfort and security will ensure you have a good milk supply and a secure happy baby. Care plan commenced: Yes/No
Your breasts:				
Breasts and nipples are comfortable				
Nipples are the same shape at the end of the feed as the start				
How using a dummy/nipple shields/infant formula can impact on breastfeeding?				
Date				
Health visitor initials				