

BABY'S NAME: _____ DATE OF BIRTH: _____ BIRTHWEIGHT: _____

MOM'S NAME: _____ TODAY'S DATE: _____

Most mothers can make plenty of milk for their babies. But many mothers are concerned about having enough. Checking your baby's weight and growth is the best way to make sure he or she is getting enough milk. Let the doctor know if you are concerned.

There may be times when you think your supply is low, but it is actually just fine:

- When your baby is around 6 weeks to 2 months old, your breasts may no longer feel full. This is normal. At the same time, your baby may nurse for only five minutes at a time. This can mean that you and baby are just adjusting to the breastfeeding process — and getting good at it!
- Growth spurts can cause your baby to want to nurse longer and more often. These growth spurts can happen around 2 to 3 weeks, 6 weeks, and 3 months of age. They can also happen at any time. Don't be alarmed that your supply is too low to satisfy your baby. Follow your baby's lead — nursing more and more often will help build up your milk supply. Once your supply increases, you will likely be back to your usual routine.

Please answer the following: Number of live births for mom: _____ Fertility treatment? Y/N _____
 Number of stools per day: _____ Color of stools: _____ Number of wet diapers per day: _____
 Number of nursings per day: _____ Number of pumpings per day: _____ Longest stretch of sleep: _____
 Do you have any concerns re: your baby? _____

Please check any that apply to you (over the past month).

- Taking any of these medications:** antihistamines, decongestants, weight loss medications or appetite suppressants, very high doses of vitamin B-6, diuretics, etc. Other current medications (please list) _____
- Hormonal birth control**
- Low thyroid (hypothyroidism)**
- Anemia**
- Smoking**
- Rapid weight loss**
- A history of hormonal problems / Fertility treatment**
- A previous breast surgery or injury**
- Post-partum bleeding for more than 6 weeks**
- Does your baby use pacifier? How often?**
- Weak suck**
- Nursing less than 8 minutes per breast**
- Offering one breast only at each feeding**
- Use of a nipple shield**
- Returning to work, especially before the 6th-8th week**
- Use of caffeine**
- Use of nicotine**