

Signs of a good latch-on

The baby has a deep latch with an angle where the lips meet the breast of at least 140°

Both upper and lower lips are flanged (rolled out)

All or most of the mother's areola is in the baby's mouth (at least 1" from the base of the nipple). More from the bottom of the areola than the top (asymmetrical latch-on).

Mother is comfortable through the feeding. There may be some latch-on pain that subsides quickly.

Baby latches-on easily with minimal attempts and stays latched-on.

There is movement in the baby's temples with sucking and the jaw moves up and down an inch or more.

There is slight movement of the mother's skin near the baby's lips.

Signs of a good feeding

Hearing swallowing at least every third suck once the milk comes-in.

Consistent sucking with only brief pauses

The breasts are softer after feedings.

Appropriate output for age. (1 wet diaper on day 1, 2 wet diapers on day 2, 3 wet diapers on day 3, 6 wet diapers on day 4 and on, several stools each day).

Feeling strong, deep, "pulling", sucking, no sharp pain.

Seeing milk in the baby's mouth.

Leaking from the other breast or feeling of a "let-down" reflex or noticing a change in the baby's sucking rhythm from faster to slower.

15 - 20 minutes vigorous sucking on each breast or 20 - 30 minutes on one side.

Baby nurses 8 -12 times per day (24 hour day). Less than 8 or more than 12 is a concern.

Minimal weight loss during the first few days (<10% of birth weight) and return to birth weight by 2 weeks.

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.

