

How to know breastfeeding is going well



Ensuring that breastfeeding is going well can help your baby thrive and provide a positive experience for both of you.

When is breastfeeding going well?

- **Feeding frequency:** your baby has 8-12 feeds in 24 hours.
- **Feeding duration:** your baby feeds for between 5 and 40 minutes.
- **Skin colour:** your baby has normal skin colour.
- **Calmness:** your baby is calm and relaxed whilst feeding and is content after most feeds.
- **Wet and dirty nappies:** your baby has wet and dirty nappies appropriate for its age.
- **Comfort:** breastfeeding is comfortable for you.
- **Swallowing sounds:** from day 3, you can hear swallows with most sucks.

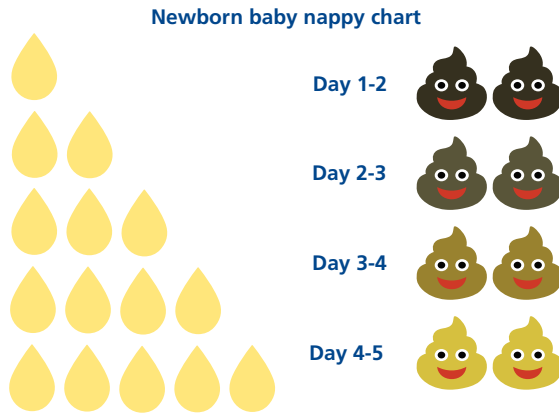
Why might breastfeeding be challenging?

Breastfeeding challenges can arise due to a variety of reasons, including latch issues, low milk supply, or health conditions affecting you or your baby. Recognising when to seek support is crucial to overcoming these challenges and ensuring your baby receives the nutrition they need.

When should I talk to my midwife or health visitor?

- **Feeding frequency:** your baby is sleepy and has less than 8 feeds in 24 hours.
- **Feeding duration:** your baby falls asleep before the feed is finished or stays on for over 40 minutes. Although at times your baby may want a 'snack' or a bigger meal, we do not expect most or all feeds to be less than 5 minutes, or more than 40 minutes long.
- **Skin colour:** your baby appears jaundiced (yellow discolouration of the skin).
- **Feeding behaviour:** your baby comes on and off the breast frequently during the feed or appears agitated.
- **Wet and dirty nappies:** your baby is not having nappies appropriate for its age (see chart on page 4).
- **Pain during feeding:** you are experiencing pain throughout a feed, and/or your nipple is pinched or flattened.
- **Swallowing sounds:** you cannot hear swallows when your baby feeds from day 3.
- **Concerns about milk:** you are worried your baby is not getting enough milk.
- **Formula or dummy use:** you feel you need to give your baby formula milk or use a dummy to settle your baby between feeds.

Your baby's nappies



1-2 days old:

- **wet nappies:** 1-2 or more (urates may be present – dark pink/red substance).
- **dirty nappies:** At least 1, 'tar-like' poo, called meconium in the first 24 hours, becoming less sticky and starting to change to brown/green by day 2.

3-4 days old:

- **wet nappies:** 3 or more (nappies feel heavier).
- **dirty nappies:** At least 2 poos that are changing from green to yellow. (*Please seek support from your midwife or infant feeding team if your baby's poos are still dark in colour on day 3*).

5-6 days old:

- **wet nappies:** 5 or more (heavy wet).
- **dirty nappies:** At least 2 yellow poos, may be quite watery.

7-28 days old:

- **wet nappies:** 6 or more (heavy wet).
- **dirty nappies:** At least 2, yellow and watery, with a 'seedy' appearance.

Be advised

Breastmilk is a laxative and babies should poo at least twice a day for the first 6 weeks. If your breastfed baby does not poo for 24 hours, please speak with your midwife or health visitor, as this may mean they aren't getting enough milk.

What should I expect at home?

Breastfeeding is a journey that evolves as your baby grows.

Initially, it may require patience and adjustments.

Support from healthcare professionals, friends, or breastfeeding groups can provide guidance and encouragement.

Be mindful of your own comfort and rest needs to maintain a positive breastfeeding experience.

Most babies lose a little weight in the first few days. This is normal and to be expected. Most babies are back to their birth weight by day 14.

Young babies need to wake and feed during the night. Their tummies are small and they are growing quickly. Try napping when your baby does during the day.

Helpful tips for breastfeeding:

- Make sure your baby is latched on properly to avoid discomfort.
- Watch for signs of hunger such as rooting, sucking on hands, or restlessness.
- Keep track of your baby's feeds and nappies to monitor progress.
- Don't hesitate to seek support from healthcare professionals or breastfeeding support groups.

Infant feeding lines:

St Richard's, Chichester
Worthing

07808 099829
07808 099816

Community midwife contact numbers:

Royal Sussex County Hospital
Princess Royal Hospital

01273 664794
01444 448608

Additional resources

Please see the **Flying Start: Feeding and Nurturing your Baby** padlet.

<https://padlet.com/uhsussexfeedingleads/flying-start-feeding-and-nurturing-your-baby-viqx4myf6rl48qkp>



This information is intended for patients receiving care at Brighton & Hove, Worthing, Haywards Heath and Chichester St.Richard's hospital.

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