



Signs That Your Baby is Breastfeeding Well

www.bcwomens.ca

(First three weeks)

By three or four days of age your baby:

- Has wet diapers: at least 4-5 noticeable times (looks or feels wet) in twenty-four hours (pale and odourless urine).
- Has at least 2-3 bowel movements in twenty-four hours (colour progressing from brownish to seedy mustard yellow and at least the size of a loonie).
- Breastfeeds at least eight times in twenty-four hours.
- Is content after most feedings.

Other signs that suggest your baby is breastfeeding well are:

- You can hear your baby swallowing during feeding.
- Your breasts are full before feedings and soft after feedings.
- Your baby is only drinking breast milk.
- Your nipples are not cracked or bleeding.

If any of these signs is **not** present after your baby is 3 or 4 days old, or if you are having problems, please **call for help**.

Community Health Nurse: _____

24 hour BC Nurse Line: Vancouver: 604-215-4700 Toll Free: 1-866-215-4700

Lactation Consultant: 875-2282

Physician / Midwife: _____

You and your baby should be seen by your community health nurse or other health care professionals within two days of discharge.

Birth Weight: _____ Discharge Weight: _____ Weight at one week: _____

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Breastfeeding Resources

Lactation Consultant Service
BC Women's Hospital..... 875-2282

Clinics: Monday and Thursday
(phone for an appointment)..... 875-3135

Location: Ambulatory Clinics

La Leche League..... 520-4623

Health Departments

Contact your local Health Department for dates, times and locations for their breastfeeding support groups.

Books:

Baby's Best Chance (available at no cost at your local Community Health Department).

Also available on-line at: www.healthservices.gov.bc.ca/cpa/publications/babybestchance.pdf

Breastfeeding books

There is no one "perfect" breastfeeding book for parents. Some of the better current books are:

1. Bestfeeding: Why Breastfeeding Is Best for You and Your Baby. Suzanne Arms, Chloe Fisher, Mary Renfrew. 2004. Celestial Arts, USA.
2. The Womanly Art of Breastfeeding by La Leche League. 2001. LLLI, USA.
3. Breastfeeding Pure and Simple by Gwen Gotsch. 2000. LLLI, USA.
4. The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through by Martha Sears & William Sears. 2000. Little Brown and Co. USA.
5. The Premature Baby Book: Everything You Need to Know About Your Premature Baby from Birth to Age One by James Sears, Martha Sears, Robert Sears & William Sears. 2004. Little Brown and Co. USA
6. Breastfeeding Special Care Babies by Sandra Lang . 2002. W B Saunders Co. USA.
7. Keys to Parenting Multiples by Karen Kerkhoff Gromada & Mary C Hurlburt, 2002. Barron's. USA.
8. Having Twins -- And More: A Parent's Guide to Multiple Pregnancy, Birth, and Early Childhood by Elizabeth Noble & Louis G Keith. 2003. Houghton Mifflin Co., USA.
9. Night Time Parenting by William Sears. 1999. LLLI, USA.

Additional information of varying quality can be found on the web. A good initial source is www.lalecheleague.org