

Fact Sheet

When baby is not breastfeeding well...

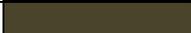
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If your baby is not breastfeeding well here are some tips to try. Your midwife or Child and Family Health nurse will support you with these steps:

- Encourage baby to **breastfeed for at least 10-30 minutes**- if your baby feeds for less than 10 minutes this may be a sign of lethargy, poor breast attachment and milk swallowing. For signs of good attachment see : [Helping baby to breastfeed](#)
- If your baby is not breastfeeding for longer than 10 minutes at most feeds, **gently compress or squeeze your breast** while your baby is feeding- this will help your milk to flow
- Place your baby in **skin-to-skin contact** before and after breastfeeds – this makes it easier for you to recognise your baby's cues for feeding earlier
- Ensure your baby has at least **8 feeds in 24 hours** after the first day.
- Try **switch feeding**- swap baby from one breast to the other when the milk flow slows(the baby may display 'fussing' or unsettled behaviour at this time- indicating that the milk flow has slowed).
- **Express breast milk** after each feed and offer to baby by best available method cup feed, supply line or bottle feed. See [Expressing breastmilk-Factsheet](#)
- Take baby to your local Child and Family Health nursing service or midwife providing care to have **baby's weight checked** until your baby is putting on weight regularly.

Signs that baby is breastfeeding well

- **Poo's**- this is the most important sign

Day	Poos	Colour
1	Meconium	
2	Soft green black	
3	Greenish brown – less sticky	
4	Greenish brown changing to mustard yellow. Maybe watery/seedy	
5	Mustard yellow, soft or liquid 3-4 times per 24 hours	
6	Mustard yellow, soft or liquid 3-4 times per 24 hours	

- **Wet nappies**- 2-3 wet nappies a day – usually dark yellow coloured urine, sometimes with a red staining is normal in the first 3-4 days. Once your milk has come in and baby is breastfeeding well baby will have at least **5 heavy wet nappies** each day of clear/light coloured urine
- **Baby appears healthy**- their skin is pink/brown in colour- not pale or yellow
- **Baby's behaviour**- active when awake with eyes wide open and waking frequently for feeds
- **Breastfeeds**- baby is breastfeeding at least 6 times on day 1- most babies will feed as often as 12 times per day in the following days

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- **Baby's weight-** most babies will lose around 7 % of their birth weight in the first few days of life. Babies should start to put on weight after the first weight loss and be back to birth weight by 2 to 3 weeks of age
- See [Signs of a well baby](#)

For more information:

- Contact your Child and Family health Nurse ([Western Sydney Breastfeeding clinics](#)):
 - Doonside - 8670 3300
 - Baulkham Hills - 8853 4500
 - Old Toongabbie - 96823133
- 'Australian Breastfeeding Association': [Breastfeeding – Early Days](#)
- 'Raising Children's Network': [Breastfeeding challenges](#)

We welcome further feedback on this brochure as a way of continually improving our service.

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WSLHD-Get_Involved@health.nsw.gov.au