

Breastfeeding checklist when baby is 3 to 4 days old

1. Does your baby breastfeed every 2-3 hours, or have at least 8 feeds in 24 hours?

YES NO

2. Are the feeds at least 10 minutes long?

YES NO

3. Do you see or hear the baby swallowing?

YES NO

4. Does the baby seem full and satisfied after the feeding?

YES NO

5. Do the mother's breasts feel less full after the feeding?

YES NO

6. Does your baby have at least 4-6 urine (pee) diapers each day?

YES NO

7. Does your baby have at least 3-5 soft stools (bm's) each day?

YES NO

IF any NO, call for help below:

You can call these numbers yourself!

Breastfeeding Questions 9am-5pm – MomsFirst Certified Lactation Counselor – 216-645-1593 (can text)

OR WIC lactation consultant at Metro: 216-778-4932 or 216-401-2767

Huron Road: 216-761-7901 (ask for lactation)

Metrohealth Medical Center: 216-778-3337

University Hospitals: 216-595-5354

Fairview Hospital: 216-476-7222

Hillcrest Hospital: 440-312-5332

Marymount Hospital: 216-584-4354

Lakewood Hospital: 216-529-7596

WIC warm line: 216-957-9435

Breastfeeding Questions after hours or after 5 pm: call the nurse at: **216-844-MILK**

Breastfeeding Pumps: Encourage the mother of your baby to ask the MomsFirst Lactation Counselor or her MomsFirst Community Health Worker for help getting a breast pump.

Medic Home Health Care (701 Beta Drive, Cleve, 44143): 440-449-7727 (fax 440-449-7725)

Edgepark (www.edgepark.com): 1-800-321-0591 (fax 330-963-6172)

Walgreens (6605 Mayfield Rd, Mayfield Hts 44605): 440-605-1956

If the mother is a WIC participant, pumps are available at no cost if your baby is 3 weeks old, exclusively breastfeeding, and the mother is returning to work or school (part-time or full-time). Contact the WIC office!

Helpful breastfeeding websites:

www.lowmilksupply.org; www.breastfeeding.com; www.drjacknewman.com