

# Signs of a Good Feeding



A good latch-on is the key to a good feeding. Regardless of the position you hold your baby, the latch-on remains the same.

## *Signs of a good latch-on*

- The baby has a deep latch; the lips meet the breast at an angle of  $140^{\circ}$ .
- Both upper and lower lips are flanged (rolled out).
- All or most of your areola is in the baby's mouth, more from the bottom of the areola than the top (this is called an "asymmetrical latch-on").
- You are comfortable through the feeding. There may be some "latch-on" pain that subsides quickly.
- 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 your breast near the baby's lips.

## *Signs of a good feeding*

- You should hear the baby swallow at least every third suck once the milk comes-in. Seeing milk in the baby's mouth is another good sign.
- Consistent sucking with only brief pauses.
- The breasts are softer after feedings.
- The baby has appropriate output for age. (one wet diaper on day one, two wet diapers on day two, three wet diapers on day three, six wet diaper on day four and on, and several stools each day)
- Feeling strong, deep, "pulling" sucking, no sharp pain.
- Leaking from the other breast or feeling of a "let-down" reflex or noticing a change in the baby's sucking rhythm from faster at the beginning of a feed to slower after a few minutes.
- 15-20 minutes vigorous sucking on each breast or 20-30 minutes sucking on one side for a newborn is normal, 5-10 minutes for an older baby.
- Your baby nurses 8-12 times per day during the first 2-3 weeks. Less than 8 feedings per day or more than 12 is a concern.
- Your baby latches-on easily with minimal attempts and stays latched-on.
- Minimal weight loss during the first few days (<10% of his birth weight) and return to birth weight by two weeks.



Please be aware that the information provided is intended solely for general educational and informational purposes only.

Always seek the advice of your physician for any questions you may have regarding your medical condition.

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