

Wakeful/Sleepy Breastfeeding

	I am ready to eat	I am not eating well
Before Feeding	Wakes up on own every 2-3 hours	Does not wake up on own to eat every 3 hours
Sucking	Active Sucking: <ul style="list-style-type: none"> • On breast at least 10 minutes • Sucking in a pattern of 8-10 or more sucks then a swallow • May pause for 5-10 seconds • Can use hand on breast to squeeze • Can use baby massage to excite 	Non-Active Sucking: <ul style="list-style-type: none"> • On and off breast • On less than 10 minutes • Long Pauses • Does not react to stimulation or breast squeezing by breastfeeding better
Wide Jaw Movement?	Yes	No
Hear Swallowing?	Yes	No
Nipple Pain?	No	Yes
Directions	If these signs are there, keep breastfeeding session going up to 20 minutes on the first side, then burp and offer the second side.	If these signs are there, stop breastfeeding, pump, and bottle feed breastmilk/formula. Try breastfeeding at the next session.
After Feeding	<ul style="list-style-type: none"> • Nipple is longer and rounded • Baby is happy • Breast is softened • Breast pump amount is less after breastfeeding 	<ul style="list-style-type: none"> • Nipple is bent or creased • Baby is fussy • Breast stays full • Breast pump amount stays the same as without breastfeeding
Daily	<ul style="list-style-type: none"> • At least 6-8 very wet diapers • At least 3 yellow seedy stool diapers 	<ul style="list-style-type: none"> • Less than 6-8 very wet diapers • Less than 3 yellow/yellow seedy stool diapers • Call your baby's doctor • Use bottle feeding and breastfeeding

- Ask your lactation consultant to help with breastfeeding while you are in the hospital. They can help you with ways to wake your baby up, latch-on, and use a breast pump.

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This information does not replace your provider's medical advice, treatment plan, or education provided by your nurse or other care provider. Be sure to follow your personalized plan of care. Nothing on this sheet is considered medical advice, diagnosis or treatment. If you have questions about this or any other medical information, talk with your care provider. Seek help right away if you need urgent medical attention. If you are outside the hospital, call 911. If you are a patient in the hospital, ask your nurse or other member of your care team for help.

Ask a staff member about interpreters and other language access services and aids, available at no cost to patients and families. Pregúntenos acerca de los intérpretes y otros servicios y ayuda para el acceso al idioma que están a su disponibilidad sin costo alguno.

