



Signs of good feeding	Signs that you may need support
Regular wet and dirty nappies (see page 35)	Minimal/no wet and dirty nappies for prolonged periods of time
Day 3-5 less than 8-10% weight loss	Day 3-5 increased weight loss of more than 8%
At least 8 feeds in 24 hours (from day 3 onwards)	Less than 8 feeds in 24 hours (from day 3 onwards)
Good skin colour, alert and good tone	born jaundice in combination with reluctance to feed and unusual sleepiness (see page 27)
Feeding for at least 5-30 minutes, with audible frequent swallows from 3-4 days of age	Feeding consistently for less than 5 minutes or more than 40 minutes
Baby calm and relaxed during and after feed, content after most feeds	Baby comes on and off during feeds, or does not latch on at all, becoming unsettled
Breasts feel comfortable following feeding	Nipples sore or damaged, engorgement or mastitis