Postnatal Breastfeeding Checklist

The current recommendation for infants’ discharges from hospital within 72 hours of birth is for the infant to have a GP check within 5-10 days.

**Review the Personal Health Record book**  
(remind parents with young infants to bring this to each appointment)

- Review discharge date, weight, examination and feeding as a baseline for assessment

**Questions and prompts for assessment Mother**

- Does the mother have any breastfeeding concerns?
- Is she eating well and drinking to thirst?
- How is her general health since the birth?
- Is she confident in attaching the baby to the breast and knowing he/she is feeding well?
- Has she contacted any services for support and advice with breastfeeding? **Baby**
- Is the infant gaining weight (weigh without clothing if possible)
- Infants lose weight (up to 10%) shortly after birth and start to regain weight by day 4-6. Has the birth weight been regained by 2 weeks?
- In the first 0-3 months infants usually gain around or more than 150 grams per week
- Review growth on the growth chart (see personal health record)

**Feeding Patterns**

- Is the baby breastfeeding well on demand (babies require 8-12 feeds in 24 hours, not necessarily evenly spaced).
- Does the baby go to the breast and feed effectively for at least 10-30 minutes without falling asleep or slipping off the breast (length of feeds can be variable).
- Is the baby attached to the breast well? (If sore nipples refer for assessment). Tender nipples can be normal in the first few days but pain is not. Sore nipples after a period of comfortable feeding or nipples that remain sore need assessment
- Is swallowing heard through most of the feed?

**Behaviour**

- Is baby awake and alert for feeds
- Has good skin colour and muscle tone? (take note if jaundice continues to progress)

**Urine Output**

- Are there plenty of wet nappies? Very heavy disposable nappies at least 4-5 each in 24 hours (cloth nappies soaked with pale or colourless urine 6 or more times in 24 hours)
- Is the infant hydrated

**Bowel motions**

- Are bowel motions changing to reflect intake of breast milk?
- Breastfed infants usually have a motion each feed which is loose, mustard yellow (as they get older motions may become less frequent)
- Transition stools usually begin around day 3-4 and normal breastfed stool – yellow, curdy and fairly liquid – from day 5.
- No bowel motion in the first 2 weeks could indicate a low milk intake. Please refer to a Lactation Consultant.

Adapted from: Queensland Health (2010). Supporting and Assessing Breastfeeding in Early Days post Hospital Discharge, Royal Children’s Hospital – Community Child Health Intake Service.

Ongoing Support Services

| Bundaberg |  
|----------------|----------------|
| Breastfeeding Clinic Lactation Consultant | (07) 4303 8410  | Family Unit |
| Newborn and Family Drop-In Service | (07) 4150 2700  | Community Health |
| Community Family Health | (07) 4150 2746  | Community Health |

| Fraser Coast |  
|----------------|----------------|
| Breastfeeding Clinic Lactation Consultant | (07) 4122 8733  | Community Health |
| Newborn and Family Drop-In Service | (07) 4122 8733  | Community Health |
| Community Family Health | (07) 4122 8733  | Community Health |
| Childhood Immunisation Sessions | 1300 79 49 29  | Fraser Coast Regional Council held at Community Health centres |

| Australian Breastfeeding Association | 1800 686 268  | www.breadtfeeding.asn.au |
| 13HEALTH | 13 43 25 84  |  

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