



# 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.

<b>Review the Personal Health Record book</b> (remind parents with young infants to bring this to each appointment)			
	Review discharge date, weight, examination and feeding as a baseline for assessment		of feeds can be variable.
<b>Questions and prompts for assessment Mother</b>			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
	Does the mother have any breastfeeding concerns?		Is swallowing heard through most of the feed?
	Is she eating well and drinking to thirst?	<b>Behaviour</b>	
	How is her general health since the birth?		Is baby awake and alert for feeds
	Is she confident in attaching the baby to the breast and knowing he/she is feeding well?		Has good skin colour and muscle tone? (take note if jaundice continues to progress)
	Has she contacted any services for support and advice with breastfeeding? <b>Baby</b>	<b>Urine Output</b>	
	Is the infant gaining weight (weigh without clothing if possible)		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)
	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?		Is the infant hydrated
	In the first 0-3months infants usually gain around or more than 150 grams per week	<b>Bowel motions</b>	
	Review growth on the growth chart (see personal health record)		Are bowel motions changing to reflect intake of breastmilk?
<b>Feeding Patterns</b>			Breastfed infants usually have a motion each feed which is loose, mustard yellow (as they get older motions may become less frequent)
	Is the baby breastfeeding well on demand (babies require 8-12 feeds in 24 hours, not necessarily evenly spaced).		Transition stools usually begin around day 3-4 and normal breastfed stool- yellow, curdy and fairly liquid – from day 5.
	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		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

<b>Bundaberg</b>		
<b>Breastfeeding Clinic Lactation Consultant</b>	(07) 4303 8410	Family Unit
<b>Newborn and Family Drop-In Service</b>	(07) 4150 2700	Community Health
<b>Community Family Health</b>	(07) 4150 2746	Community Health
<b>Fraser Coast</b>		
<b>Breastfeeding Clinic Lactation Consultant</b>	(07) 4122 8733	Community Health
<b>Newborn and Family Drop-In Service</b>	(07) 4122 8733	Community Health
<b>Community Family Health</b>	(07) 4122 8733	Community Health
<b>Childhood Immunisation Sessions</b>	1300 79 49 29	Fraser Coast Regional Council held at Community Health centres
<b>Australian Breastfeeding Association</b>	1800 686 268	www.breadtfeeding.asn.au
<b>13HEALTH</b>	13 43 25 84	

