



Image Source: United States Breastfeeding Committee

# IS BABY GETTING ENOUGH?

How can I tell if my newborn is getting enough milk?

The following may be signs that your newborn is not getting enough milk:

- Baby is unsettled after feeds.
- Your nipple looks misshapen or pinched at the end of a feed, or feels sore or damaged.
- Baby has dimples in his cheeks or makes clicking noises while breastfeeding. This is a sign that baby is not latched properly and may not be nursing effectively.
- Baby is sleepy most of the time, and you have to wake her to feed beyond the second day.
- Baby's eyes and mouth seem dry or his skin doesn't bounce right back when gently pinched.
- Baby stools fewer than three times a day by five days old, and the stools are not soft or yellow colored or larger than a quarter.
- Baby's skin becomes more yellow, instead of less, after the first week.
- Baby does not regain her birth weight by the time she is 14 days old.

If you're concerned about any of these signs, contact your healthcare provider.

For individualized nursing support, contact your local LLL Leader.