



Signs of a Poor Feeding

- ✓ Feeling pain during feedings
- ✓ Sleepy baby
- ✓ Inconsistent, flutter (weak) sucking
- ✓ Difficulty latching-on and staying on
- ✓ Clicking or popping sounds in your baby's mouth
- ✓ Prolonged nursing (more than 20-25 minutes on each side)
- ✓ Infrequent nursing (baby does not wake to feed at least every 3 hours)
- ✓ Frequent nursing (more than 12 per day)
- ✓ Baby is not satisfied at the end of the feeding
- ✓ Engorgement
- ✓ Inadequate wet diapers and stools
- ✓ Rapid or excessive weight loss (more than 7-10%) during the first few days
- ✓ Has not regained birth weight by 2 weeks
- ✓ Slow weight gain thereafter (less than 1/2 – 3/4 oz per day)

