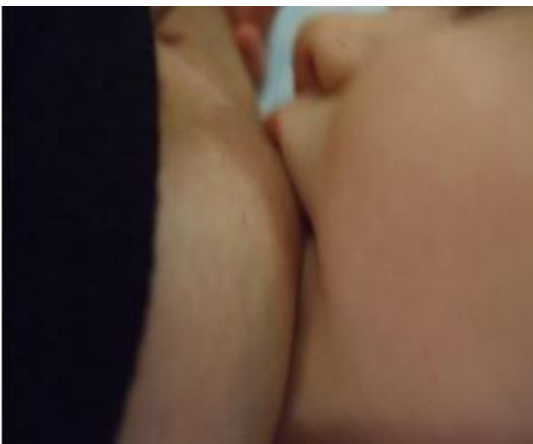




## Information for Breastfeeding Families

# Signs of a Poor Feeding

- Feeling nipple pain during feedings
  - Sleepy baby
  - Inconsistent, flutter (weak) sucking
  - Difficulty latching and staying on
  - Clicking or popping sounds in your baby's mouth
  - Infrequent nursing (baby does not wake to feed at least every 3 hours) •
- 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%) for 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)
  - Please seek advice from a Lactation Consultant to learn techniques for more effective feedings.



Poor latch with  
shallow  
attachment