

MY HOSPITAL DISCHARGE CHECKLIST

- I can position my baby correctly on both breasts
 - It does not hurt once the baby starts sucking
 - The baby can latch to each breast
 - I can tell when the baby is swallowing milk
 - I know how many times in 24 hours to feed the baby
 - I know when my milk should come in & who to call if it doesn't by day 3
 - I know how long to feed the baby on each side
 - I know that feedings lasting longer than 30 minutes is a sign of baby not feeding well
 - I know that if baby does not feed well from the breast I should hand express colostrum and/or pump milk and feed the baby as much of that milk as he will take
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- I know when it is time to feed my baby
 - I know the five feeding cues to use if my baby is sleepy
 - I know how many diapers baby should have each day
 - I know how to tell if a disposable diaper is wet
 - I know how much weight baby should gain weekly
 - I know that artificial nipples and pacifiers can confuse my baby and have been shown other ways to feed him if necessary
 - I know I should hand express and pump milk if baby does not feed well
 - I know that persistent, inconsolable crying may be a sign of underfeeding and will feed baby expressed colostrum or pumped milk
 - I know how to tell if my baby is jaundiced
 - Someone will visit me a day or two after I get home, or...
I will see my pediatrician or family doctor in one to two days
 - I know when and who to call for help with nursing if I have any concerns