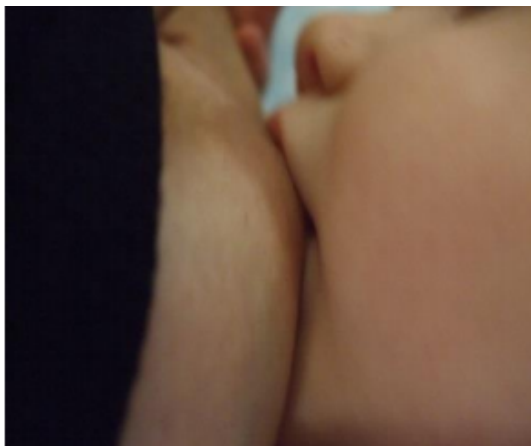




Information for breastfeeding families

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

The information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your healthcare provider for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information. Feel free to duplicate per creative commons license CC BY-ND. Lactation Education Resources 2023.