

Day 4		Wet Diapers (☑ check boxes)			Stools (☑ check boxes)		
		☐ ☐ ☐ ☐ ☐ ☐			☐ ☐ ☐ ☐		
Date	Time	Baby is sucking and swallowing (✓)	Left Breast (✓)	Right Breast (✓)	Comments		

D.O.B.	GESTATIONAL AGE	BIRTH WEIGHT	DISCHARGE WEIGHT

SPECIAL FEEDING INSTRUCTIONS

Hand Expression Pumping: Single Double Feeding Aids _____

Signature: _____

REFERENCES:

Best Start Resource Centre. (2016). Breastfeeding Your Baby: Guidelines for Nursing Mothers. Retrieved from <https://resources.beststart.org/product/b02e-breastfeeding-guidelines-nursing-mothers-table/>

Hoover, K. (2016). Perinatal and Intrapartum Care. In K. Wambach & J. Riordan (Eds.), *Breastfeeding and Human Lactation*, (5th ed.). (pp. 227-272). Burlington, MA: Jones & Bartlett Learning.

Mohrbacher, N. & Kendall-Tackett, K. (2010). *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers*, (2nd ed.). Oakland, CA: New Harbinger Publications, pp. 77-102.

Originally developed by the Middlesex London Breastfeeding Coalition in 1999 and revised in 2009, 2014. Currently revised by the Middlesex London Elgin Breastfeeding Coalition with representation from London Health Sciences Centre, and Strathroy Middlesex General Hospital, May 2019.



London Health Sciences Centre

BREASTFEEDING GUIDELINES FOR THE NEWBORN

WHEN DO I MAKE MY BABY'S FIRST HEALTH CHECK UP?

- Call your baby's primary health care provider (doctor, midwife, nurse practitioner) to make an appointment. All babies should be seen within 2 to 3 days after discharge.

WHEN DO I CALL FOR HELP?

CALL IF YOUR BABY:

- is too sleepy or does not feed at least **8** times in **24** hours
- is not having enough wet diapers or stools (bowel movements)
*See chart on next page
- is having blackish/green bowel movements after day **4** or **5**
- has a dry or sticky mouth
- is not swallowing after one to two sucks on day **3** or **4**
- has skin that looks yellow or the whites of your baby's eyes look yellow
- has an underarm temperature greater than 37.5°C (99.5°F) or less than 36.5°C (97.7°F)

If you are very concerned about your baby's health, contact your health care provider right away. If your health care provider is not available, go to your nearest emergency department.

WHERE CAN I GET HELP?

- Call Middlesex London Health Unit 519-663-5317 to speak with Public Health Nurse, Weekdays 8:30 am to 4:30 pm or visit the website at www.healthunit.com
- If you live outside London, call your local health unit.
- Your baby's health care provider.
- TeleHealth Services 1-866-797-0000 24 hours a day, 7 days a week.
- For more resources in your area, visit ontariobreastfeeds.ca.

