

FEEDING CHECKLIST

ABOUT THE PARENT

- ☐ I get severe nipple or breast pain when my baby latches, sometimes even throughout the feed.
- ☐ It can feel as if my baby is chewing or chomping down on my nipples while breastfeeding and sometimes when my baby unlatches, my nipples look blanched or compressed.
- ☐ My nipples are so cracked and sore. Sometimes they might even bleed.
- ☐ My breasts don't feel completely drained when my baby finishes their feed.
- ☐ I have experienced plugged ducts or even mastitis since starting breastfeeding.

ABOUT BABY

- ☐ I would characterize my baby as being very "colicky" and "refluxy".
- ☐ My baby isn't gaining weight very easily and I am worried about failure to thrive.
- ☐ My baby seems to have difficulty achieving and maintaining a good latch while breastfeeding.
- ☐ My baby never seems satisfied after a feed. He either keeps rooting, brings hands to his mouth, or sometimes even takes a pacifier to help him settle.
- ☐ Milk leaks or spills out the side of my baby's mouth while feeding.
- ☐ After a feed, you can see some milk residue on my baby's tongue. Not at the tip, but further back.
- ☐ I often hear a clicking sound while my baby is breastfeeding.
- ☐ My baby always has a little blister or callus on their upper lip.
- ☐ My baby's upper lip folds under when latched.
- ☐ My baby takes forever to complete a feed, and it seems like as soon as we finish one, he's needing to feed again.
- ☐ My baby is very fussy at the breast. They often push, pull, and/or tug while latched. At times I can tell they're hungry but they refuse to latch.

VISIT [SLEPPARENTING.COM](https://slepparenting.com) FOR INFORMATION AND ADDITIONAL RESOURCES

Important disclaimer! This is not a diagnostic tool meant to replace a medical assessment and we 100% encourage you to talk to your family doctor, pediatrician, or midwife if you find yourself relating to several of these statements. Print this sheet off and bring it with you to help you paint a detailed picture for your health care provider.