



## For Breastfeeding Mothers

### *Breastfeeding Assessment:*

*Breastfeeding your baby can be both a precious and exciting time, but like all other things it is a LEARNING experience. Our Lactation Expert is here to help! Please circle the answers below that apply to you. By answering these questions, this will help the CLC better assist you. Happy Breastfeeding!*

**1. How old is your baby?**

0-48 hrs. old 3-7 days 8-14 days 3 weeks 1 month other: \_\_\_\_\_

**2. How are you breastfeeding?**

Exclusive breastfeeding (No formula) Partial Breastfeeding (some formula)  
Exclusive Formula (some breastfeeding)

**3. Would you like to Exclusively (fully) Breastfeed if you are not already?**

Yes, I would No, not really Not sure, I need more information/help

**4. How is breastfeeding going?**

Not so good Okay Good Great

**5. How often do you breastfeed (in 24 hrs.)?**

1-2 times a day 3-4 times a day 5-6 times a day 7 or more: \_\_\_\_\_

**6. How long do you breastfeed (each feeding)?**

5-10 min. 15-20 min. 30-45 min. 50 min or more

**7. How does your baby look after nursing?**

Fussy, Unhappy Calm, Quiet Falls asleep at the breast

**8. Is latching your baby to the breast painful?**

No, not at all Sometimes Yes, all the time

**9. How many diapers has your baby had in the last 24 hours?**

1-2 diapers 3-4 diapers 5-6 diapers 7 or more diapers

*Thank you for taking time to complete this Assessment. If you are having any issues with breastfeeding, please let your provider know as it is our pleasure to help you on your breastfeeding journey! Our dedicated Lactation Consultant will provide exceptional service for all your needs!*