



Newborn Feeding Check-In

Breast or Bottle Feeding



Maternal Concerns

- Painful nursing
- Damaged nipples
- Blocked ducts
- Engorgement or Mastitis
- Over supply
- Forceful milk flow
- Low supply
- Stressful feeds
- Pumping Issues
- Lip smack/ click sounds with feeding
- One side feeding is better than the other

Infant Concerns

- Latching difficulties
- Tongue / Lip Tie
- Preterm baby
- Slow weight gain
- Fast weight gain
- Excessive spitting up
- Gassy or fussy
- Difficulties bottle feeding
- Always seems hungry
- Falls asleep during feeds/ +60mins feeds
- Low poops or pees

1 for each day old

1 day = 1 of each


2 day = 2 of each
etc.

If you are experiencing any of the above concerns, I can help to identify the root of the problem, recommend interventions to improve or resolve feeding concerns and create an individualized feeding plan that can help get you back to your feeding goals.



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Mommy Knows Breast
Lactation Consulting



Your health insurance plan may cover consultation fees.