



5 minute Feeding Check-In

Breast or Bottle Feeding




- ☐ Painful nursing or damaged nipples
- ☐ Shallow latch or slips off easily on the breast or bottle
- ☐ Lips curl in (not flanged) when nursing or bottle feeding
- ☐ Clicking or lip smacking noises when eating
- ☐ Bumps or calluses on lips, or lips are white after feeds
- ☐ Baby is often congested or their mouth is frequently open
- ☐ Falls asleep in the middle of a feed or takes a long time to feed
- ☐ Excessive spitting up or diagnosed with reflux
- ☐ Always seems hungry/doesn't settle for very long in-between feeds
- ☐ Blocked ducts, engorgement, mastitis or reoccurring yeast infection
- ☐ Gassy, fussy, or crying a lot
- ☐ You suspect or baby is diagnosed with a tongue or lip tie
- ☐ Baby won't take a bottle or refuses the breast
- ☐ Gagging, choking, milk leaking or sputtering when eating
- ☐ Baby favours one breast over the other
- ☐ Slow weight gain or excessive weight gain
- ☐ Baby has green, frothy stools
- ☐ Over supply (freezer full of milk, breasts remain full after feeds)
- ☐ Concerned with pumping ie. pain, amount or schedule
- ☐ Troubles with starting solid foods
- ☐ Returning to work and worried about feeding baby/milk supply

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.