

Dear Breastfeeding Mom,

In order to better help you with your breastfeeding experience, please read the following questions and check off any that apply to you and/or your infant.

- I have had some kind of breast surgery.
- I have received radiation or chemotherapy in the past.
- I smoke.
- I take thyroid medication.
- My breasts are engorged (painfully firm or hard).
- My breasts are painful.
- I have nipples that are sore, bleeding, cracked, or have blisters.
- My baby nurses FEWER than 8 times in 24 hours.
- My baby nurses MORE than 12 times in 24 hours.
- Nursing my baby takes MORE THAN ONE HOUR for each feeding.
- My baby falls asleep immediately after I put him to the breast.
- My baby seems unusually fussy all day long.
- My baby uses a pacifier more than an hour or two in 24 hours.
- I am using a nipple shield to nurse my baby.
- I am using a breast pump more than twice a day.
- I am supplementing my baby with formula.
- My baby is more than 4 days old and is still having black stools.
- I have received Depo Provera or have started on oral contraceptives.
- I have blamed myself unnecessarily when things went wrong.
- I have been anxious or worried for no good reason.
- I have felt scared or panicky for no very good reason.
- Overall, I don't feel that breastfeeding is going very well.

Baby's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Mother's Signature: \_\_\_\_\_