# Baby feeding problem checklist

Use these steps to track feeds and know when to call the pediatrician.

- [ ] Count wet diapers each day and write the number down.
- [ ] Log each feed with the time and how long it lasted.
- [ ] Offer smaller, more frequent feeds.
- [ ] Burp the baby at natural pauses during the feed.
- [ ] Keep the baby upright for 15 to 30 minutes after feeding.
- [ ] Feed slowly in a calm, quiet place.
- [ ] Avoid changing formula before asking the pediatrician.
- [ ] Call the pediatrician when weight gain stalls.
- [ ] Seek urgent care for green vomit or blood in vomit.

**Notes**

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/parenting/baby-feeding-problems/