

# Breastfeeding Fixers and Leilani's Wellness Center

## Lactation Flow & Nourishment Check-In

### 1. General Lactation History

*These questions help us understand your breastfeeding foundation so we can gently support your supply.*

How many times does your baby feed at the breast in 24 hours? (check one)

Less than 6       6–8       8–12       12 or more

YES / NO — Do you pump?

YES / NO — Low supply noticed immediately postpartum

YES / NO — Low supply noticed after milk came in

YES / NO — Low supply noticed gradually/recently

YES / NO — Breast surgery history (reduction/augmentation/other)

YES / NO — History of retained placenta, heavy bleeding, PCOS, thyroid, diabetes, high stress

### 2. Liver System

*Your liver system influences stress, flow, and emotional balance.*

YES / NO — Stress or irritability

YES / NO — Mood swings

YES / NO — Tightness in chest or ribs

YES / NO — Irregular or painful periods

YES / NO — PMS symptoms

YES / NO — Clots or dark menstrual blood

YES / NO — Light or scant periods

YES / NO — Headaches (temples/behind eyes)

YES / NO — Letdown feels stuck or slow

### 3. Lung System

*Your lung system supports immunity, energy, and oxygen flow.*

YES / NO — Shortness of breath

YES / NO — Shallow breathing

YES / NO — Frequent colds or allergies

YES / NO — Asthma history

YES / NO — Fatigue with minimal exertion

YES / NO — Supply dips when sick

### 4. Heart System

*Your heart and emotional system influence letdown and relaxation.*

YES / NO — Difficulty sleeping

YES / NO — Anxiety or overwhelm

YES / NO — Emotional depletion

YES / NO — Racing heartbeat

YES / NO — Difficulty relaxing during feeds

YES / NO — Busy or racing mind affecting letdown

## 5. Thyroid System

*Your thyroid affects warmth, metabolism, and energy—key for supply.*

- YES / NO — Feel unusually cold
- YES / NO — Feel unusually hot
- YES / NO — Energy levels are low
- YES / NO — Hair loss
- YES / NO — Dry skin
- YES / NO — Weight changes
- YES / NO — Rapid heartbeat
- YES / NO — Known thyroid diagnosis
- YES / NO — History of postpartum thyroiditis

## 6. Blood & Iron

*Your blood and iron levels influence energy, milk production, and healing.*

- YES / NO — Dizziness or lightheadedness
- YES / NO — Fatigue not relieved by rest
- YES / NO — Currently taking iron
- YES / NO — History of anemia or low ferritin
- YES / NO — Heavy or irregular periods
- YES / NO — Bruising easily
- YES / NO — Cold hands or feet

## 7. Elimination

*Your digestion reflects nourishment and absorption.*

- YES / NO — Loose stools
- YES / NO — Constipation
- YES / NO — Abdominal distention

## 8. Breast Tissue Quality

*Breast tissue quality gives important clues about milk movement.*

- YES / NO — No feeling of breast distention
- YES / NO — Distention or hardness (with or without pain/heat)
- YES / NO — Soft and full breasts

## 9. Current Symptoms Affecting Supply

*These questions help identify what may be affecting supply day-to-day.*

- YES / NO — Pain with feeding (nipple/deep/burning/vasospasm)
- YES / NO — Slow or inconsistent letdown
- YES / NO — Fullness between feeds
- YES / NO — Feeling empty sooner than expected
- YES / NO — Supply varies with stress
- YES / NO — Supply varies with hydration
- YES / NO — Supply varies with sleep
- YES / NO — Supply varies with diet
- YES / NO — Supply varies with pumping routine

YES / NO — Supply varies with latch quality

## **10. Lifestyle Factors**

*Your habits and routines have a meaningful impact on supply.*

YES / NO — Sleep less than 6 hours in 24 hours

YES / NO — Skipping meals

YES / NO — Low hydration

YES / NO — Moderate–high stress

YES / NO — Using herbs or supplements

## **11. Your Goals**

*Your goals shape your personalized lactation plan.*

YES / NO — Increase supply

YES / NO — Improve letdown

YES / NO — Reduce stress

YES / NO — Reduce pain

YES / NO — Improve pumping output

YES / NO — Gradually stop supplementation

## **Scoring**

TOTAL YES answers: \_\_\_\_\_

0–10 → Mild low supply indicators

11–20 → Moderate contributors

21+ → Multi-system involvement

## **Ready for a customized plan?**

*Schedule a supportive breastfeeding consultation so we can walk through your results together and create a personalized plan for increasing supply.*

<https://calendly.com/breastfeedingfixers/30min>