

## Is my Baby Getting Enough Milk?















These are signs that your baby is getting enough milk (refer to chart below):

- Your baby feeds at least 8 times every 24 hours.
- Your baby has enough wet and dirty diapers according to his age.
- Your baby is active and has a strong cry.
- Your baby has a wet, pink mouth, and bright eyes.

To make sure your baby is getting enough milk during the first week, keep track of the number of wet and dirty diapers in a 24 hour period.

In the beginning it can be hard for new parents to know if their baby has a wet diaper. A very wet diaper is heavier than a dry diaper. If you want to know what a very wet diaper feels like, pour 30 ml (2 tablespoons) of water on a dry diaper. Your baby's urine (pee) should be clear or pale yellow, and it should have no smell. If a dirty diaper is heavy, count it as both a wet diaper and a stool or poopy diaper.

**If your baby does not have enough wet and dirty diapers, get help right away!**

GUIDELINES FOR NURSING MOTHERS									
Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS		
<b>How Often Should You Breastfeed?</b> Per day, on average over 24 hours	 At least 8 feeds per day. Your baby is sucking strongly, slowly, steadily and swallowing often.								
<b>Your Baby's Tummy Size</b>	 Size of a cherry		 Size of a walnut		 Size of an apricot		 Size of an egg		
<b>Wet Diapers: How Many, How Wet</b> Per day, on average over 24 hours	 At least 1 WET	 At least 2 WET	 At least 3 WET	 At least 4 WET	 At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE				
<b>Soiled Diapers: Number and Colour of Stools</b> Per day, on average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN		 At least 3 BROWN, GREEN, OR YELLOW		 At least 3 large, soft and seedy YELLOW				
<b>Your Baby's Weight</b>	Most babies lose a bit of weight in the first 3 days after birth.			From day 4 onward, most babies gain weight regularly.					
<b>Other Signs</b>	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.								
 by/par health nexUS santé	Breast milk is all the food a baby needs for the first six months. You can get advice, help and support from: – Your health care provider. – 24/7 breastfeeding support line at 1 866 797 0000. – Bilingual Online Ontario Breastfeeding Services directory at <a href="http://www.ontariobreastfeeds.ca">www.ontariobreastfeeds.ca</a> .								

To download this chart, go to [www.beststart.org/resources/breastfeeding/pdf/magneng.pdf](http://www.beststart.org/resources/breastfeeding/pdf/magneng.pdf)

Babies lose an *average* of 7% of their birth weight in the first 3 days after birth. This means normal, healthy babies could lose more weight or less weight than 7%. Weight is just one part of a larger picture of how a baby is doing. During the first 3 – 4 months your baby should continue to gain 20 – 35 g (2/3 – 1 1/3 oz) per day. If your baby is gaining more slowly, wake your baby for more feedings, and get help to make sure your baby is feeding well. You can also use breast compression and feed on both sides more than once. You can also hand express and give any breast milk you get to your baby. Always breastfeed your baby when he seems hungry.

After baby is 2 days old expect your breastfed baby to have 3 or more large, soft, usually seedy stools per day. Go to the section on *Getting Help* on page 40 if your baby does not have 3 or more stools per day under 3 weeks of age.

By three to four weeks, some babies will have only 1 – 2 stools per day. Some have one large stool every few days. This is normal as long as your baby is feeding well, seems content and his stools are soft. If your baby is not feeding well, is more fussy than usual or has not had a stool in more than a week, go to section *Getting Help* on page 40 of this booklet.



*“ Partners or family members can help in so many ways. Changing baby, burping, rocking or singing can help them get to know the baby and know they are doing their part. ”*

## Your Baby's Stomach Size

Your baby needs to feed often, because his stomach is small. When your baby is born, his stomach is about the size of a cherry. By day 3, your baby's stomach increases to about the size of a walnut. Around 7 days old, your baby's stomach is about the size of an egg. You can see this on the chart on page 22.