



## Breastfeeding In the First 3 Weeks

This guide can help you decide if your baby is getting enough breast milk. It is only a guide because all babies feed and grow differently. If you have any questions or concerns, talk to your Public Health Nurse.

Baby's age	Feeding and sleeping	Number of feeding in 24 hours	Number of wet and dirty diapers in 24 hours	Baby's weight	Your breasts and breastfeeding
<b>First 24 hours</b>	<ul style="list-style-type: none"> <li>No set routine</li> <li>Feeds often</li> <li>Sleepy baby may need to be woken up to feed</li> <li>Cluster feeding is common</li> </ul>	5 or more times	<ul style="list-style-type: none"> <li>1 or more wet</li> <li>1 or more greenish black, sticky, tar-like stool</li> </ul>	Decreases from birth weight	<ul style="list-style-type: none"> <li>Both breasts will feel soft</li> <li>Offer baby both breasts at each feed</li> </ul>
<b>2 – 3 days</b>	<ul style="list-style-type: none"> <li>No set routine</li> <li>Feeds every 1 - 3 hours throughout the day and night</li> </ul>	8 or more times	<ul style="list-style-type: none"> <li>2 - 3 wet</li> <li>1 or more looser, greenish-brown stool</li> </ul>	Weight loss up to 7-10% of birthweight	<ul style="list-style-type: none"> <li>Breasts may be soft, filling or full</li> <li>Offer both breasts at each feed</li> </ul>
<b>4 – 5 days</b>	<ul style="list-style-type: none"> <li>No set routine</li> <li>Feeds often throughout the day and night</li> <li>Content after feeding</li> </ul>	8 or more times	<ul style="list-style-type: none"> <li>4 - 6 wet</li> <li>3 - 4 loose, yellow or green stools</li> </ul>	Starts to gain weight	<ul style="list-style-type: none"> <li>Breasts are filling or full</li> <li>Breasts softer after feeds</li> <li>Possible engorgement</li> <li>Offer both breasts at each feed</li> </ul>
<b>1 to 3 weeks</b>	<ul style="list-style-type: none"> <li>No set routine</li> <li>More alert</li> <li>Content after feeding</li> <li>Feeds more often during a growth spurt</li> <li>Night time feeding continues</li> </ul>	8 or more times	<ul style="list-style-type: none"> <li>4 - 6 wet</li> <li>3 - 4 loose, yellow or green stools</li> </ul>	Back to birth weight by about 2 weeks	<ul style="list-style-type: none"> <li>Breast feel full before feeding, soft after</li> <li>Offer both breasts at each feed</li> <li>Baby may want one or both breasts</li> </ul>

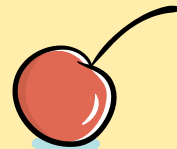
# Your Baby's Age

	WEEK 1							2 WEEKS	3 WEEKS	4 WEEKS	5 WEEKS	6 WEEKS to 6 MONTHS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS					

## Your Baby's Tummy Size



Size of a cooked chick pea or hazelnut



Size of a cherry or medium grape



Size of a walnut or lichee

## How Much Milk Your Baby Needs

Per day, on average over 24 hours



10 to 100 mL or 1 tablespoon to 1/3 cup



200 mL or almost 1 cup



400 to 600 mL or about 1 1/2 to 2 1/2 cups



700 to 800 mL per day or about 2 1/2 to 3 1/2 cups

## How Often Should You Breastfeed?

Per day, on average over 24 hours

In the first month 8 to 12 feeds per day (every 1 1/2 to 3 hours)

By about two months at least 6 to 8 feeds per day

## Wet Diapers: How Many, How Wet

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

## Soiled Diapers: Number and Colour of Stools



At least 1 to 2 per day BLACK OR DARK GREEN



At least 3 per day BROWN, GREEN, OR YELLOW



At least 3 large per day, soft and seedy YELLOW



At least 1 or more large every 1 to 7 days YELLOW

## Your Baby's Weight

Most babies lose about 5 to 7% of their birth weight in the first 3 to 4 days after birth. For example, a 3.2 kilogram or 7-pound baby will lose about 230 grams or 1/2 a pound.

Your baby should return to his or her birth weight by 10 to 14 days.

Your baby should gain about 112 to 224 grams a week for the first 3 months.

## Growth Spurts

Babies often experience a sudden burst in growth—a growth 'spurt'—at certain times within their first few weeks. During these growth spurts your baby may want to nurse more than usual.



**Breast milk is all the food a baby needs for the first six months — At six months of age begin introducing solid foods while continuing to breastfeed until age two or older**

(WHO/UNICEF, World Health Assembly, Breastfeeding Committee for Canada, Ontario Breastfeeding Committee, Registered Nurses Association of Ontario, Canadian Pediatric Society, American Academy of Pediatrics)