

## ***Is Baby Getting Enough?***

Every mother/baby pair is different, and healthy babies may take different amounts. However, these guidelines are common for most babies. At first, the baby is getting rich, yellow colostrum (first milk).

In the first few days your baby needs to be close to you:

- Baby may be sleepy, nursing for short periods, about every 1-3 hours.
- Baby's stool will be dark green (meconium).
- Nipples and breasts are comfortable throughout and between feedings (no pain).

After 2-4 days your colostrum increases and becomes mature milk:

- Baby still eats every 1-3 hours and is satisfied between feedings.
- Breast and nipples are comfortable – no pain!
- Baby's stools are changing to loose, yellow, seedy stools, increasing in number and amount 3 or more per day
- At least 3-4 wet diapers per day
- You can hear baby swallowing for at least 10 minutes per feeding
- Breasts are fuller before and softer after feedings.
- Baby is stabilizing or gaining weight.

## ***After the first week the baby should:***

- Nurse at least 8-12 times in 24 hours (every 1½-3 hours). Remember, the baby is trying to double its weight in 4-6 months.
- Take about 15-30 minutes for each feeding...about the same length as adult mealtimes.
- Be happy, alert and bright-eyed most of the time
- Gain about an ounce a day for the first two months
- Return to birth weight by 2 weeks of age.
- Have 6 or more pale colored, wet diapers in 24 hours
- Have 4 or more yellow stools every day for the first month

## ***Call the Lactation Consultant and the baby's doctor if:***

- You think the baby isn't feeding well.
- The infant sucks only briefly, very softly or irregularly.
- The baby is very jaundiced (yellow) and getting more yellow or dry-looking.
- There is any nipple pain or damage (cracks). This may mean the baby isn't on the breast well.
- The baby fights the breast or cries after a minute or two.
- The baby has fewer than 6 wet diapers a day.
- The baby has fewer than 4 yellow stools that are bigger than a quarter each day. Nothing out means baby needs more food. (After 6 weeks, less stooling is normal.)
- The baby seems unhappy, in pain, weak, tired, or not interested in feeding.