



Information for breastfeeding families

Is My Baby Getting Enough?

Often, a new parent's biggest concern is about how much and how often the baby breastfeeds.

Here are some guidelines to help you know if your baby is getting enough:

- ✓ Your newborn baby should nurse 8 - 12 times in 24 hours during the first 2 - 3 weeks. As your baby gets older he will become more efficient and feedings may be less frequent.
- ✓ Some feedings may be close together, even an hour or so apart. Other feedings will be less frequent. Feedings do not need to be evenly spaced and are often irregular in the newborn baby. Wake your baby if he doesn't awaken to feed within 3 hours during the day. Night time feedings can be less frequent.

Typical patterns for wet diapers is

- 1 wet diaper on day one
- 2 wet diapers on day two
- 3 wet diapers on day three
- 4 wet diapers on day four
- 5 wet diapers on day five
- 6 wet diapers on day six and from then on.

Look for light yellow to clear urine.

Typical patterns for stools is several per day

- Day 1 Meconium (dark & tarry)
 - Day 2 Brownish
 - Day 3 Brownish yellow
 - Day 4 Dark yellow, soft
 - Day 5 Yellow, semi-liquid
- Some newborns stool after every feeding. Stools taper off and may not even occur every day as your baby gets older.

Babies generally lose a little weight in the first few days after birth and then begin to gain. This is a normal pattern. Ten percent is considered the maximum acceptable weight loss. Have your baby's weight checked a couple of times during the first 2 weeks, especially if you are concerned that your baby is not eating enough. A check of his weight is the only sure way to determine adequate intake. Once your baby has regained his birth weight, at about 2 weeks, you can relax and let your baby set the pace for the feedings.

Sometimes, babies seem to take a good feeding at the breast but wake within a few minutes wanting more. Offer the breast again. It will likely be a short feed "top off" feeding and your baby will drop off to sleep.

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Signs of hunger Rooting Mouthing movements Tense appearance Grunting, other sounds Hand-to-mouth activity Kicking, waving arms Crying	Signs of a good latch-on Relatively comfortable, latch-on pain subsides quickly Lips at the breast at least 140° angle or greater All or most of the areola in the baby's mouth with more areola covered from the area near his chin (asymmetrical latch-on) Lips flanged (rolled out)
Signs the Baby is Full Drowsiness, sleepiness Baby comes off the breast spontaneously Relaxed appearance Hands and shoulders are relaxed Sleeps for a period of time before arousing to feed again	Signs of a good feeding Easy latch-on, stays latched-on Swallowing you can hear Noticing that the breasts are softer after feedings Feeling strong, deep, "pulling", sucking Seeing milk in your baby's mouth Leaking from the other breast or feeling of a "let-down" reflex 15 - 20 minutes vigorous sucking on each breast or 20 – 30 minutes on one side Wide jaw movements and consistent sucking

Please see the advice of a Lactation Consultant or another healthcare provider if:

1. Your baby has not begun to gain weight by his fifth day after birth or has not regained his birth weight by 2 weeks
2. Your baby is not voiding at least 6 - 8 times per day
3. Your baby is not having several stools per day

These signs can indicate inadequate feedings and can become a serious concern if not corrected quickly. You may wish to keep a written record of when your baby voids, stools and feeds for a few days so you can accurately report this to your health care provider. Please seek help if your problem does not resolve quickly.

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