

Breastfeeding

HOW TO KNOW YOUR BREASTFED
BABY IS GETTING ENOUGH MILK

Is Baby Getting Enough Milk · Baby's Stomach · Changing Stools · Diaper Count

IS BABY GETTING ENOUGH MILK?

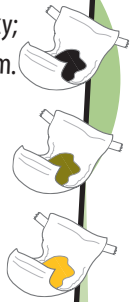
- Let your baby show you how long to breastfeed. Once your baby has fed well on one breast and stops and lets go, burp your baby and then offer the other breast to see if they are still hungry.
- You should hear or see your baby swallow while nursing.
- Your baby should breastfeed 8-12 times in 24 hours.



CHANGING STOOLS

Your baby's stools will change:

- Day 1-3 - Black, thick and sticky; this is called meconium.
- Day 3-4 - Greenish to yellow and is less thick.
- By day 5 - Mustard or yellow seedy and watery.



BABY'S STOMACH

Day 10 Stomach Size = Large Chicken Egg

Day 3 Stomach Size = Ping Pong Ball

Day 1 Stomach Size = Shooter Marble

Your baby's stomach is very small and will not take very much at each feeding.

At left is the size of your baby's stomach.

DIAPER COUNT

You can tell when your baby is getting enough milk by the number of diapers they use. Your baby should wet/dirty the following number of diapers per day.

BABY'S AGE	WET DIAPERS	DIRTY DIAPERS
1 DAY OLD		
2 DAYS OLD		
3 DAYS OLD		
4 DAYS OLD		
5 DAYS OLD		
6+ DAYS OLD		

Get help from your doctor or lactation consultant if your baby:

- Has a dry mouth.
- Has red colored urine.
- Has yellow skin (Jaundice).
- Stool does not change to yellow and seedy by day 5.
- Does not have enough wet or dirty diapers (see Breastfeeding Diaper Diary on back).
- Does not wake up to eat at least 8 times in 24 hours.
- Is losing weight after day 5; is under birth weight at 2 weeks.

CLUSTER FEEDING

If your baby is feeding every hour, this is called cluster feeding and it is perfectly normal. Example: Baby breastfeeds every hour for 3-5 feedings and sleeps 3-4 hours between clusters.

After 4-6 weeks of age your baby's stools may decrease. It is not unusual for breastfed babies older than 1 month to only stool every 2-4 days or longer.

WHEN USING A BREAST PUMP:

You may not be able to express very much breast milk at first. This is normal and does not mean you do not have enough milk.

BREASTFEEDING DIAPER DIARY

INSTRUCTIONS: Each day, circle the approximate time to the nearest hour that you **start** breastfeeding.
Circle the **W** when your baby has a wet diaper. Circle the **D** when your baby has a dirty diaper.

DAY 1																								
Midnight												12												Noon
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	
Wet Diaper							W														Total number of feedings in 24 hours _____			



DAY 2																								
Midnight												12												Noon
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	
Wet Diaper							W W														Total number of feedings in 24 hours _____			



DAY 3																								
Midnight												12												Noon
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	
Wet Diaper							W W W														Total number of feedings in 24 hours _____			



DAY 4																								
Midnight												12												Noon
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	
Wet Diaper							W W W W														Total number of feedings in 24 hours _____			



DAY 5																								
Midnight												12												Noon
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	
Wet Diaper							W W W W W														Total number of feedings in 24 hours _____			



DAY 6																								
Midnight												12												Noon
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	
Wet Diaper							W W W W W W														Total number of feedings in 24 hours _____			



DAY 7																								
Midnight												12												Noon
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	
Wet Diaper							W W W W W W														Total number of feedings in 24 hours _____			



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES ● WIC AND NUTRITION SERVICES ● 573-751-6204
AN EO/AA EMPLOYER: Services provided on a nondiscriminatory basis. Hearing- and speech-impaired citizens can dial 711.

This institution is an equal opportunity provider.

"This project is/was funded in part by the Missouri Department of Health and Senior Services Title V Maternal Child Health Services Block Grant and is/was supported by the Health Resources Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant #B04MC45226, Maternal and Child Health Services for \$12,469,248 of which \$0 is from non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

WIC #568 (11/23)