

## SIGNS THAT YOUR BABY IS BREASTFEEDING WELL IN THE FIRST 3 WEEKS

By 4 or 5 days of age, your baby:

- Has at least 4 –5 wet diapers (looks or feels wet) in twenty-four hours (pale and odourless urine).
- Has at least 2 – 3 bowel movements in twenty-four hours (colour progressing from brownish to seedy mustard yellow and at least the size of a loonie).
- Breastfeeds at least eight times in twenty-four hours.
- Is waking to feed on own
- Is content after most feedings.
- Weight loss is less than 10% of birth weight

If any one of these signs is *not* present after your baby is 3 or 4 days old, or if you are having problems, ***please call your midwife.***

Other signs that suggest your baby is breastfeeding well are:

- You can hear your baby swallowing during feeding.
- Your breasts are full before feedings and soft after feedings.
- Your baby is only drinking breast milk.
- Baby has regained birth weight by 2 weeks of age
- Average weight gain is about 6 ounces (170 grams per week)
- Baby's skin is soft and moist and baby's mouth is moist and pink