

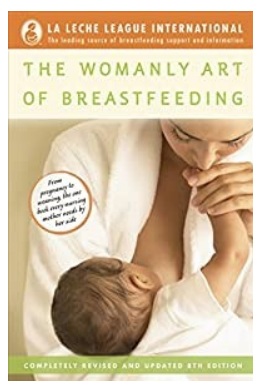
BREASTMILK IS THE PERFECT FOOD



HOW CAN YOU TELL IF BABY IS GETTING ENOUGH MILK AND IS WELL FED?

1. Baby will feed frequently— 8 to 12 times in a 24-hour period is not unusual.
2. You will see weight gain, 5.5-8.5 ounces per week until four months of age.
3. You will be changing diapers often!
 - Stools transition to yellow with a loose and seedy texture by day five with 3-4 stools every day by four days of age;
 - Baby may not pass much urine at first but this increases each day
 - By day two look for two wet diapers (nappies) over 24 hours days three and four look for three or more wet diapers each 24 hours
 - By the time your baby is five days old, wet diapers should be more frequent, usually six or more over 24 hours. Diapers should be feeling **heavier**
4. Baby seems content and happy after a feed, not lethargic or falling asleep on the breast. They will release the breast without your assistance. They will be relaxed and not tense (for example, fists balled up, crying) .
5. Baby's rapid sucking encouraging the letdown of milk.
6. Baby is alert and active when awake and meeting their developmental milestones.

OTHER TIPS: Scheduling feedings for a baby who is exclusively nursing frequently throughout the day and night, especially during the first six weeks has been correlated with slow weight gain, early weaning, decreased milk production, possible engorgement.



6-2020

Additional resources:

- Black Mothers Breastfeeding Association blackmothersbreastfeeding.org
- Black Breastfeeding Week blackbreastfeedingweek.org Aug. 25—31
- La Leche League International www.LLLI.org
- La Leche League Grand Rapids www.LLLGrandrapids.org