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 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.

BABY'S STOMACH

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.

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.

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	1	1
2 DAYS OLD	2	2
3 DAYS OLD	3	2
4 DAYS OLD	4	3
5 DAYS OLD	5	3
6+ DAYS OLD	6+	4+

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.

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.

  or

- You are experiencing nipple pain.

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.

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 — 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

Black Tarry Dirty Diaper D

Total number of feedings in 24 hours ____

DAY 2

Midnight — 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

Black Tarry Dirty Diaper D D

Total number of feedings in 24 hours ____

DAY 3

Midnight — 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

Green Dirty Diaper D D

Total number of feedings in 24 hours ____

DAY 4

Midnight — 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

Green Dirty Diaper D D D

Total number of feedings in 24 hours ____

DAY 5

Midnight — 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

Yellow Dirty Diaper D D D

Total number of feedings in 24 hours ____

DAY 6

Midnight — 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

Yellow Dirty Diaper D D D D

Total number of feedings in 24 hours ____

DAY 7

Midnight — 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

Yellow Dirty Diaper D D D D

Total number of feedings in 24 hours ____

If you have any concerns or questions about breastfeeding call:

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES • WIC AND NUTRITION SERVICES 573-751-6204
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