Is my Baby Getting Enough Milk?

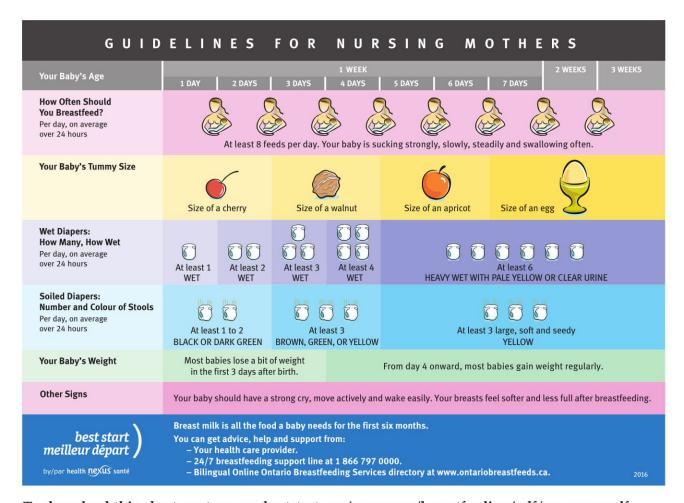
These are signs that your baby is getting enough milk (refer to chart below):

- Your baby feeds at least 8 times every 24 hours.
- Your baby has enough wet and dirty diapers according to his age.
- Your baby is active and has a strong cry.
- Your baby has a wet, pink mouth, and bright eyes.

To make sure your baby is getting enough milk during the first week, keep track of the number of wet and dirty diapers in a 24 hour period.

In the beginning it can be hard for new parents to know if their baby has a wet diaper. A very wet diaper is heavier than a dry diaper. If you want to know what a very wet diaper feels like, pour 30 ml (2 tablespoons) of water on a dry diaper. Your baby's urine (pee) should be clear or pale yellow, and it should have no smell. If a dirty diaper is heavy, count it as both a wet diaper and a stool or poopy diaper.

If your baby does not have enough wet and dirty diapers, get help right away!



To download this chart, go to www.beststart.org/resources/breastfeeding/pdf/magneng.pdf

Babies lose an average of 7% of their birth weight in the first 3 days after birth. This means normal, healthy babies could lose more weight or less weight than 7%. Weight is just one part of a larger picture of how a baby is doing. During the first 3 - 4 months your baby should continue

to gain 20 - 35 g (2/3 - 1 1/3 oz)per day. If your baby is gaining more slowly, wake your baby for more feedings, and get help to make sure your baby is feeding well. You can also use breast compression and feed on both sides more than once. You can also hand express and give any breast milk you get to your baby. Always breastfeed your baby when he seems hungry.

After baby is 2 days old expect your breastfed baby to have 3 or more large, soft, usually seedy stools per day. Go to the section on Getting Help on page 40 if your baby does not have 3 or more stools per day under 3 weeks of age.

By three to four weeks, some babies will have only 1 - 2 stools per day. Some have one large stool every few days. This is normal as long as your baby is feeding well, seems content and his stools are soft. If your baby is not feeding well, is more fussy than usual or has not had a stool in more than a week, go to section Getting Help on page 40 of this booklet.





Partners or family members can help in so many ways. Changing baby, burping, rocking or singing can help them get to know the baby and know they are doing their part.

Your Baby's Stomach Size

Your baby needs to feed often, because his stomach is small. When your baby is born, his stomach is about the size of a cherry. By day 3, your baby's stomach increases to about the size of a walnut. Around 7 days old, your baby's stomach is about the size of an egg. You can see this on the chart on page 22.