



Information for breastfeeding families

Congratulations on the Birth of Your Baby!

Here are some basic guidelines to keep in mind for the first few weeks.

Wet diapers: 6+ per day
Stools: 3+ per day
Feedings: At least 8 times, according to the baby's cues, around the clock for the first 2-3 months

Signs of Good Feedings

- Feeling a deep, strong pulling sensation without sharp pain
- Consistent sucking with only brief pauses
- Hearing swallowing (after the milk comes in)
- Latch is easy
- Vigorous sucking at the breast
- Breasts are softer after the feeding
- Seeing milk in your baby's mouth
- Feeling a let-down reflex or seeing a change in the baby's feeding rhythm
- Adequate wet diapers and stools
- Minimal weight loss during first few days
- Baby regains birth weight by 2 weeks and gains $\frac{3}{4}$ to 1 oz daily thereafter



Signs of Poor Feedings

- Feeling pain during feedings
- Sleepy baby
- Inconsistent, flutter (weak) sucking
- Difficulty latching and staying attached
- Clicking or popping sounds in your baby's mouth
- Prolonged nursing (more than 20-25 minutes on each side)
- Infrequent nursing (baby does not wake to feed at least every 3 hours)
- Baby is not satisfied at the end of the feeding
- Engorgement
- Inadequate wet diapers and stools
- Rapid or excessive weight loss (more than 7-10%) during the first few days
- Has not regained birth weight by 2 weeks
- Slow weight gain thereafter (less than $\frac{1}{2}$ - $\frac{3}{4}$ oz per day)



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