










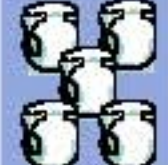







GUIDELINES FOR NURSING MOTHERS

| Your Baby's Age | WEEK 1 | | | | | | | 2 WEEKS | 3 WEEKS | 4 WEEKS | 5 WEEKS | 6 WEEKS to 6 MONTHS | |
|--|--|--------|--|--------|---|--------|---|---------|---|---------|---|---|--|
| | 1 DAY | 2 DAYS | 3 DAYS | 4 DAYS | 5 DAYS | 6 DAYS | 7 DAYS | | | | | | |
| Your Baby's Tummy Size |  Size of a cooked chick pea or hazelnut | |  Size of a cherry or medium grape | | | |  Size of a walnut or lichee | | | | | | |
| How Much Milk Your Baby Needs Per day, on average over 24 hours |  10 to 100 mL or 1 tablespoon to 1/3 cup | |  200 mL or almost 1 cup | |  400 to 600 mL or about 1 1/2 to 2 1/2 cups | |  700 to 800 mL or about 2 1/2 to 3 1/2 cups | | | | | | |
| How Often Should You Breastfeed? Per day, on average over 24 hours | In the first month 8 to 12 feeds (every 1 1/2 to 3 hours) | | | | | | | | | | By about two months 6 to 8 feeds (every 3 to 4 hours) | | |
| Wet Diapers: How Many, How Wet Per day, on average over 24 hours |  At least 1 WET | |  At least 2 WET | |  At least 3 WET | |  At least 4 WET | |  At least 5 WET | |  At least 6 HEAVY WET | | |
| Soiled Diapers: Number and Colour of Stools |  At least 1 to 2 per day BLACK OR DARK GREEN | |  At least 2 to 3 per day BROWN, GREEN, OR YELLOW | | | |  About 1 to 3 large per day YELLOW | | | | |  1 or more large every 1 to 7 days YELLOW | |

Signs That Your Baby Is Getting Enough Milk: Your baby is sucking strongly, slowly, steadily and swallowing often; Your baby has a strong cry and moves actively; Your breasts feel softer and less full after breastfeeding.

If you need help ask your doctor, nurse, or midwife. To find the health department nearest you, call INFO line: 1-800-268-1154. For peer breastfeeding support call La Leche League Canada Referral Service 1-800-665-4324.