














GUIDELINES FOR NURSING MOTHERS

Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS	
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS			
How Often Should You Breastfeed? Per day, on average over 24 hours	 <p>At least 8 feeds per day. Your baby is sucking strongly, slowly, steadily and swallowing often.</p>									
Your Baby's Tummy Size	 Size of a cherry		 Size of a walnut		 Size of an apricot		 Size of an egg			
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 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE	
Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN		 At least 3 BROWN, GREEN, OR YELLOW		 At least 3 large, soft and seedy YELLOW					
Your Baby's Weight	Most babies lose a bit of weight in the first 3 days after birth.				From day 4 onward, most babies gain weight regularly.					
Other Signs	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.									



by/par health **nexus** santé

Breast milk is all the food a baby needs for the first six months.

You can get advice, help and support from:

- Your health care provider.
- Telehealth Ontario's specialized breastfeeding services support line at 1-866-797-0000 or TTY at 1-866-797-0007.
- Bilingual Online Ontario Breastfeeding Services directory at www.ontariobreastfeeds.ca.