Breastfeeding Your Baby

GUIDELINES FOR NURSING MOTHERS

Your Baby’s Age

<table>
<thead>
<tr>
<th>Your Baby’s Age</th>
<th>1 WEEK</th>
<th>2 WEEKS</th>
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<tbody>
<tr>
<td>1 DAY</td>
<td>2 DAYS</td>
<td>3 DAYS</td>
<td>4 DAYS</td>
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<td>5 DAYS</td>
<td>6 DAYS</td>
<td>7 DAYS</td>
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How Often Should You Breastfeed?
Per day, on average over 24 hours

- At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.

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 WET

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

Babies lose an average of 7% of their birth weight in the first 3 days after birth. For example, a 3.2 kilogram or 7-pound baby will lose about 230 grams or ½ a pound.

From Day 4 onward your baby should gain 20 to 35g per day (C/d to 1 B/d oz) and regain his or her birth weight by 10 to 14 days.

Babies often experience a sudden burst in growth—a growth “spurt”—at certain times within their first few weeks. During these growth spurts your baby may want to nurse more than usual.

Other Signs

- Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding and your baby comes off the breast looking relaxed and content.

If You Need Help: Breastfeeding support is available in your community. Ask your doctor, nurse, or midwife for help. Your local public health department can also help by referring you to lactation consultants or breastfeeding clinics in your area. To find the health department nearest you, call INFO line: 1-866-532-3161. For peer breastfeeding support call La Leche League Canada Referral Service 1-800-665-4324.

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