














# 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  |         |  |  |
| <b>How Often Should You Breastfeed?</b><br>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> |        |   |        |  |        |   |         |  |  |
| <b>Your Baby's Tummy Size</b>   |  <p>Size of a cherry</p>   |        |  <p>Size of a walnut</p>                   |        |  <p>Size of an apricot</p>                        |        |  <p>Size of an egg</p> |         |  |  |
| <b>Wet Diapers: How Many, How Wet</b><br>Per day, on average over 24 hours              |  <p>At least 1 WET</p>   |        |  <p>At least 2 WET</p>                     |        |  <p>At least 3 WET</p>                            |        |  <p>At least 4 WET</p>   |         |  <p>At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE</p> |  |
| <b>Soiled Diapers: Number and Colour of Stools</b><br>Per day, on average over 24 hours |  <p>At least 1 to 2 BLACK OR DARK GREEN</p>  |        |  <p>At least 3 BROWN, GREEN, OR YELLOW</p> |        |  <p>At least 3 large, soft and seedy YELLOW</p> |        |   |         |  |  |
| <b>Your Baby's Weight</b>   | Most babies lose a bit of weight in the first 3 days after birth.   |        |   |        | From day 4 onward, most babies gain weight regularly.  |        |   |         |  |  |
| <b>Other Signs</b>  | 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](http://www.ontariobreastfeeds.ca).