

IS BABY GETTING ENOUGH MILK?

How do you know baby is getting enough milk?

- Let baby show you how long to breastfeed. Once baby has fed well on one breast, stops and let go, burp your baby and then offer the other breast to see if they are still hungry.
- You will hear or see baby swallow while nursing.
- Your baby will need to breastfeed 8-12 times in 24 hours.

Baby's Stomach

Your baby's stomach is very small and will not take very much at each feeding. Below is the size of your baby's stomach.



Day 1 Stomach Size
Marble



Day 3 Stomach Size
Ping Pong Ball



Day 10 Stomach Size
Large Egg

Get help from your doctor or lactation consultant if your baby:

- Has a dry mouth.
- Has red colored urine.
- Has yellow skin (Jaundice).
- Stool does not change to yellow and seedy by day 5.
- Does not have enough wet or dirty diapers (see Breastfeeding Diaper Diary on back).
- Does not wake up to eat at least 8 times in 24 hours.
- Is losing weight after day 5; is under birth weight at 2 weeks.
- You are experiencing nipple pain.

Cluster Feeding

If your baby is feeding every hour this is called cluster feeding and it is perfectly normal. Example: Baby breastfeeds every hour for 3-5 feedings and sleeps 3-4 hours between clusters.

Changing Stools

Your baby's stools will change:

- Day 1-3: Black, thick and sticky; this is called meconium.
- Day 3-4: Greenish to yellow and is less thick.
- By day 5: Mustard or yellow seedy and watery.

Diaper Count

You can tell when your baby is getting enough milk by the number of diapers they use. Your baby should wet/dirty the following number of diapers per day.

Baby's Age	Wet Diapers	Dirty Diapers
1 Day Old	1	1
2 Days Old	2	2
3 Days Old	3	2
4 Days Old	4	3
5 Days Old	5	3
6+ Days Old	6	4

After 4-6 weeks of age your baby's stools may decrease. It is not unusual for breastfed babies older than 1 month to only stool every 2-4 days or longer.

**Adapted from the Missouri Department of Health & Human Services "How to Know Your Breastfed Baby is Getting Enough Milk."*

Continued

BREASTFEEDING DIAPER DIARY

INSTRUCTIONS: Each day, circle the time to the nearest hour that you start breastfeeding. Circle the W when your baby has a wet diaper. Circle the D when your baby has a dirty diaper.

DAY 1

Midnight												12	1	2	3	4	5	6	7	8	9	10	11	Noon	12	1	2	3	4	5	6	7	8	9	10	11
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Wet Diaper: W

Black Tarry Dirty Diaper: D

Total # of Feedings in 24 Hours: _____

DAY 2

Midnight												12	1	2	3	4	5	6	7	8	9	10	11	Noon	12	1	2	3	4	5	6	7	8	9	10	11
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Wet Diaper: W W

Black Tarry Dirty Diaper: D D

Total # of Feedings in 24 Hours: _____

DAY 3

Midnight												12	1	2	3	4	5	6	7	8	9	10	11	Noon	12	1	2	3	4	5	6	7	8	9	10	11
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Wet Diaper: W W W

Green Dirty Diaper: D D

Total # of Feedings in 24 Hours: _____

DAY 4

Midnight												12	1	2	3	4	5	6	7	8	9	10	11	Noon	12	1	2	3	4	5	6	7	8	9	10	11
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Wet Diaper: W W W W

Green Dirty Diaper: D D D

Total # of Feedings in 24 Hours: _____

DAY 5

Midnight												12	1	2	3	4	5	6	7	8	9	10	11	Noon	12	1	2	3	4	5	6	7	8	9	10	11
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Wet Diaper: W W W W W

Yellow Dirty Diaper: D D D

Total # of Feedings in 24 Hours: _____

DAY 6

Midnight												12	1	2	3	4	5	6	7	8	9	10	11	Noon	12	1	2	3	4	5	6	7	8	9	10	11
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Wet Diaper: W W W W W W

Yellow Dirty Diaper: D D D D

Total # of Feedings in 24 Hours: _____