

## How can you tell if Baby is getting Enough Breastmilk?



### Time at the Breast

- A newborn will breastfeed 8-12 times in 24 hours.
- Some babies will nurse once every 2-3 hours, others will nurse several times in a short period and then go for a longer stretch of time before the next feeding (cluster feed).
- In one 24 hour period, young babies should not go more than 4-5 hours without nursing

### Weight Gain

- If a baby is gaining well on mom's milk alone, then baby is getting enough
- 5-7% weight loss during the first 3-4 days after birth is normal
- Baby should regain weight by 10 days

### Wet Diapers

- During the first week expect 1 wet diaper on day one. 2 wet diapers on day two increasing to 6-8 by one week.
- After the first week, expect 6-8 sopping wet diapers in 24 hours
- Urine should be pale and mild smelling

### Dirty Diapers

- 3-5 Bowel movements in 24 hours
- Stools should be yellow by day 5
- The normal stool of a breastfeed baby is usually yellow and is loose (soft to watery, may be seedy or curdy)
- After 4-6 weeks, the number of dirty diapers depends on your child. It can range from many in 24 hours or to one every 7-10 days. This is normal