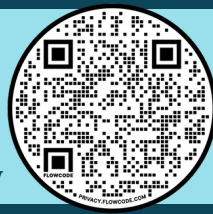




Newborn Feeding Expectations



Scan for help
feeding your baby



How often does a baby feed and for how long?

Newborns eat a minimum of 8 times in 24 hours, with a typical range of 10-12 feedings in 24 hours. Your baby will be eating every 2-3 hours around the clock with no more than one 4-hour stretch at night until your baby is back over birth weight (goal: day 10-14). Once they are over birthweight, they can lead overnight but remain mindful that full breasts = less milk.

Feedings can range from 10-40 minutes, shorter or longer we would like to check in with baby.

Until we are sure your baby is eating well and gaining weight, do not let them sleep long stretches, especially during the day. This will help prevent getting their days and nights mixed up if they are frequently awakened to feed during the day.

What infant feeding actually looks like. Amounts and frequency vary through a 24-hour period for an average of 8-12 feedings



This is what cluster feeding looks like- short closely spaced feeds for a period of a few hours

When should I worry?

- less than 8 feedings in 24hrs
- feeding is less than 10min or more than 40
- baby is not satisfied/sleepy after feeding
- baby is not hitting daily diaper goals
- breasts don't feel full ("milk coming in") by day 5 of baby's life
- painful or damaged nipples
- breasts become hot, red and as firm as your nose or forehead with no relief

Remember! You and your baby have to learn to breastfeed!

In the early days, breastfeeding can feel like a lot of work, but you and your baby are learning to do this together. Monitor your baby's weight gain, diapers, and feedings, and in a few weeks, things will be a lot easier.

Pain + Damage Are Not Normal

If breastfeeding hurts, contact someone for support.

Pain is a sign that something needs adjusted, or baby needs some support - pain is not just a part of breastfeeding.



You cannot overfeed your newborn baby. When in doubt, breastfeed.

Is My Baby Getting Enough Breastmilk?



Breast Expectations	Baby Expectations	Feeding Expectations	Diaper Expectations	Weight Expectations
<p>Your breasts will contain your first milk called Colostrum.</p> <p>You may not feel like baby is actually drinking because Colostrum is very thick and powerful for baby in tiny amounts.</p> <p>Your breasts may still feel normal or empty and not yet engorged (full) with milk. THEY ARE WORKING!</p> <p>Breastfeeding should not hurt. If it hurts, tell a lactation consultant.</p>	<p>Baby wants to be close with mom. It is where they are most comforted.</p> <p>Your baby may pop on and off the breast frequently. This sucking action and stimulation will help initiate (start) your milk supply.</p> <p>Baby should feed often. A baby should not be sleeping in long stretches.</p> <p>Skin-to-skin contact helps you to bond and create more milk.</p>	<p>Feeding about 8-12 times a day is good and normal.</p> <p>If baby is irritable or fussy, offer the breasts again even if they already ate from that side earlier.</p> <p>Feeding often helps to prevent clogged ducts and mastitis from forming.</p>	<p>Birth to Day 4 Frequent diaper changing of your baby will help to prevent diaper rash and irritation.</p> <p>1 wet diaper per day of life (minimum)</p> <p>Thick black poop that looks like tar called Meconium is also normal with transition to yellow seedy poop by Day 5</p> <p>Day 5-6 weeks 5-6 very wet diapers</p> <p>At least one yellow soft, seedy poop a day</p>	<p>Babies typically lose weight after birth.</p> <p>Weight loss up to 10% of birth weight is considered normal.</p> <p>Weight loss more than 10% is a concern to be immediately addressed by a trained lactation consultant.</p> <p>All breastfed infant weight gain concerns should be assessed by a trained lactation consultant ASAP</p>

Daily Diaper Expectations

Your baby's poop tells you what is happening with your milk and if they are drinking enough. If your baby is not meeting these daily outputs, contact your pediatrician and a lactation consultant for assistance.

After 6 weeks, baby's might stool less often but should still be stooling daily.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Wet Diapers per Day	1	2+	3+	5+	6+	6+
Dirty Diapers per Day	1	2	3	4	4	4
Type of Stool	Meconium: black, tarry, and thick 		Greenish and looser 		Yellow, seedy, and loose 	



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