



## HOW TO KNOW YOUR HEALTHY FULL-TERM BREASTFED BABY IS GETTING ENOUGH MILK

- Your baby may have only one or two wet diapers during the first day or two after birth. Beginning about the third or fourth day, your baby will have at least six to eight really wet cloth diapers (five to six disposables).
- Your baby will pass meconium, the greenish-black, tarry first stool, over the first day or two. Baby will begin having at least two to five bowel movements a day beginning about the third day after birth.
- Your baby may lose up to seven percent of his/her birth weight during the first three or four days. Once your milk supply becomes more plentiful on the third or fourth day, expect your baby to begin gaining at least four to eight ounces (113 to 227 grams) per week or at least a pound (454 grams) a month. Be sure to count weight gain from the lowest weight (his weight on the third or fourth day), not from birth weight.
- Your baby will nurse frequently, often every one and one-half to three hours, averaging about eight to twelve times a day.
- Your baby will appear healthy, his color will be good, his skin will be firm, he will be filling out and growing in length and head circumference, and he will be alert and active.

### *IF YOU NEED TO INCREASE YOUR MILK SUPPLY*

**Get help.** If your baby is not gaining well, or is losing weight, keep in close touch with your baby's doctor. In many cases, improved breastfeeding techniques will quickly resolve the situation, but in some cases, slow weight gain may indicate a serious health problem.

**Nurse frequently** for as long as your baby will nurse. A sleepy baby may need to be awakened and encouraged to nurse more frequently.

**Offer both breasts at each feeding.** This will ensure that your baby gets all the milk available and that both breasts are stimulated frequently.

**Be sure that baby is positioned correctly at the breast.** Baby's lips should be on the areola (dark area surrounding the nipple), well behind the nipple. If you are not sure baby is sucking well, or feel any soreness, ask your health care provider, La Leche League Leader, or other breastfeeding specialist to help you.

**Try switch nursing.** Switching breasts two or three times during each feeding will help to keep your baby interested in nursing. Switch breasts as soon as baby's sucking slows down and he swallows less often. Your milk supply will be stimulated by using both breasts at least twice at each feeding.

**Give your baby only human milk.** If your baby has been receiving formula supplements, do not cut these out abruptly. Gradually cut back on the amount of supplement as your milk supply increases, but watch baby's wet and soiled diapers to be sure he is getting enough milk. Stay in touch with your baby's doctor.

**All your baby's sucking should be at the breast.** If some supplement is necessary temporarily, it can be given by spoon, cup, or with a nursing supplementer, a device used to feed baby additional milk through a small tube while he nurses at the breast.

**Pay attention to your own need for rest, relaxation, proper diet, and sufficient fluids.** Taking care of yourself will aid in increasing your milk supply and improving your general sense of well-being.

If you have any further questions or concerns be sure to get in touch with your La Leche League Leader or other breastfeeding specialist. Remember that a baby who is not gaining weight will need to be checked regularly by a doctor.