



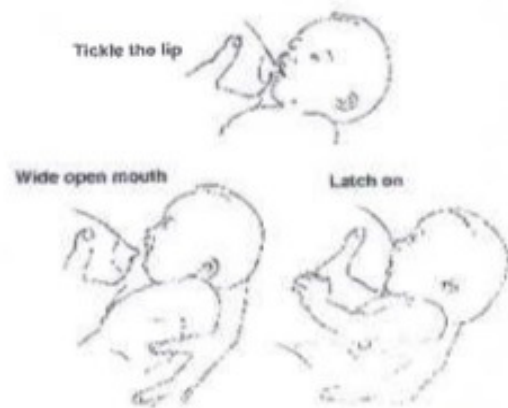
Baby's First Days

The breast feed baby nurses on average 8 to 12 times in 24 hours. This is generally every 1 ½ to 3 hours. Each feeding should last from 30-45 minutes. The baby appears satisfied and content after nursing.

Day 1 to 3	(Colostrum) <u>bowel movements</u> : 1 to 3 sticky, dark green or almost black <u>wet diapers</u> : Generally 2 to 3, increasing in number and amount each day
Day 3 to 4	(Milk coming in) <u>bowel movements</u> : 3 to 4 brown/green/yellow in colour <u>wet diapers</u> : 3 to 4 per day, heavier wetting
Day 5 to 6	(Mature milk) <u>bowel movements</u> : 3 to 5, becoming more yellow in colour <u>heavy wet diapers</u> : 5 to 6 per day

If Your Baby Is Latched Well:

- See..... mouth open wide
- See..... lips flanged out and relaxed
- Feel... Breast tug – no pain
- Hear... the sound of baby swallowing
- sucking is slow and rhythmic



Adapted from *A New Mother's Guide to Breastfeeding*

Call For Help IF...

- Nipples are sore or cracked
- Unable to get baby latched onto breast
- During the first week baby has no bowel movements for over 12 hours
- Baby has dark green to black bowel movements after 5 days of age
- Baby is having infrequent wet diapers after day 3
- Baby falls asleep after nursing for only a few minutes
- Baby sleeps for 4 to 5 hours more than once a day
- Baby is spending more than 45 minutes at the breast and begins crying soon after being taken off
- If your baby is not content between feedings, wails, or cries frequently
- Baby has only rapid, nibbling, shallow type of sucking

