

SIGNS THAT FEEDING IS GOING WELL

Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS		
How Often Should You Breastfeed? Per day, on average over 24 hours	       								
At least 8 feeds per day. Your baby is sucking strongly, slowly, steadily and swallowing often.									
Your Baby's Tummy Size	 Size of a cherry		 Size of a walnut		 Size of an apricot		 Size of an egg		
Wet Diapers: How Many, How Wet Per day, on average over 24 hours	 At least 1 WET	 At least 2 WET	 At least 3 WET	 At least 4 WET	 At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE				
Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours	  At least 1 to 2 BLACK OR DARK GREEN		   At least 3 BROWN, GREEN, OR YELLOW		   At least 3 large, soft and seedy YELLOW				
Your Baby's Weight	Most babies lose a bit of weight in the first 3 days after birth.				From day 4 onward, most babies gain weight regularly.				
Other Signs	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.								

best start
meilleur départ

by/par health **nexus** santé

Breast milk is all the food a baby needs for the first six months.

You can get advice, help and support from:

– Your health care provider.

– Telehealth Ontario's specialized breastfeeding services support line at 1-866-797-0000 or TTY at 1-866-797-0007.

– Bilingual Online Ontario Breastfeeding Services directory at www.ontariobreastfeeds.ca.