

## FOR SUCCESSFUL BREAST FEEDING

Contact your health care providers if you do not see the following things. They may instruct you to supplement with formula or pumped milk (not water) if your baby is not wetting his/her diaper or having stools as noted below, or is still hungry after frequent nursing. One half to one ounce of supplement is probably adequate after breast feeding on the second to third day of life. As your milk production increases, your breast-fed baby should gain an ounce a day for the first few months of life.

	First 8 hours	8-24 hours	Day 2	Day 3	Day 4	Day 5	Day 6 onward
Milk Supply	You may be able to express a few drops of milk.	→	←	Milk <u>should</u> become more abundant between the 2nd & 4th day.	→	Milk should be in. Breasts may be firm and/or leak milk.	Breasts should feel softer after nursing.
Baby's Activity	Baby is usually wide awake in the first hour of life. Put baby to breast within a half to one hour of birth.	Wake up your baby. Babies may not wake up on their own to feed.	Baby should be more cooperative and less sleepy.	Look for early feeding cues such as rooting, lip smacking, and hands to face.	→	You should be able to hear your baby swallow your milk.	Baby should appear satisfied and calm after feedings.
Feeding Routine	Baby may go into a deep sleep 2-4 hours after birth.	Feed your baby every 1 to 4 hrs, as often as wanted, a minimum of 8-12 times each day.	Use chart on back side of page to write down time and length of each feeding.	→	→	May go <u>one</u> longer interval (up to 5 hours) between feeds in a 24-hour period.	→
Breast Feeding	Baby will wake up and be alert and responsive for several more hours after initial deep sleep.	As long as Mom is comfortable and baby is actively suckling, nurse both breasts each feeding.	Try to nurse both sides each feeding aiming for at least 10 minutes of active suckling each side. Expect some nipple tenderness.	Consider hand expressing or pumping a few drops of milk to soften the nipple if the breast is too firm for the baby to latch on.	Continue to offer your baby both breasts each feeding. Follow your baby's hunger cues and avoid pacifier use.	Once your milk supply is well established, allow your baby to drain the first breast before offering the second. No time limits per breast.	Mom's nipple tenderness is improving or is gone. Clustered feedings in the late afternoon and early evening are normal.
Baby's Urine Output		Baby must have a minimum of 1 wet diaper in first 24 hours.	Baby must have at least one wet diaper every 8-12 hours.	You should see an increase in wet diapers to 4-6 times in 24 hours.	Baby's urine should be light yellow or clear (no darker than this yellow paper).	Baby should have 6-8 wet diapers each day.	→
Baby's Stools		Baby should have a black-green stool (meconium stool).	Baby may have a second very dark (meconium) stool.	Baby's stools should be changing color from black-green to yellow.	→	Baby should have 3-4 yellow, soft stools each day.	The number of stools may decrease gradually after 4-6 weeks of life.

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