

Does my baby get enough breast milk?

- ❖ A common question among new BF moms
- ❖ Watch the following:
 - Your baby seems relaxed & satisfied after feeds.
 - You will notice your breasts feel softer after nursing.
 - Your baby continues to gain weight after he gains back the initial weight loss after birth.
- ❖ In the first few days after birth, the milk is called colostrum, its thick & valuable. Your baby may have only one or two wet diapers a day.
- ❖ After the milk comes in (by the 4th Day), your baby will wet six to eight diapers a day.
- ❖ In the first month, your baby has at least three stools a day, & they lighten to a yellowy mustard color by the fourth day after birth.

❖ Is my baby getting enough breast milk?

❖ Warning signs that a baby is not getting enough breast milk.

- The baby is wetting fewer than 6 diapers in a 24-hour period after the 4 days following birth.
- After the 5 days, the baby has small, dark stools.
- If baby's urine is very dark.
- The baby is fussy or lethargic much of the time. He may fall asleep as soon as you put him to the breast but then fuss when u take him off
- Feedings consistently take longer than an hour & ur baby just doesn't seem satisfied.
- Your breasts don't feel softer after nursing.
- You rarely hear your baby swallow while nursing. (Some babies are very quiet feeders, so if all other signs are positive, don't worry about this one!)
- The baby continues to lose weight. If the baby doesn't start regaining the birth weight after 5 days, or if at any time after that he starts losing rather than gaining weight, CONSULT a doctor.
- If you're concerned, PLEASE don't hesitate to consult your doctor or the lactation consultant.

- ❖ Typically, you'll feed your baby while the lactation consultant observes you & gives you valuable tips for breastfeeding success.
- ❖ Lactation Consultant Hotline: 66716187