

Breastfeeding Your Baby

GUIDELINES FOR NURSING MOTHERS

Your Baby's Age	WEEK 1							2 WEEKS	3 WEEKS	4 WEEKS	5 WEEKS	6 WEEKS to 6 MONTHS	
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS						
Your Baby's Tummy Size Actual size is shown	 Size of a cooked chick pea or hazelnut	 Size of a cherry or medium grape					 Size of a walnut or lichee						
How Much Milk Your Baby Needs Per day, on average over 24 hours	 10 to 100 mL or 1 tablespoon to 1/3 cup	 200 mL or almost 1 cup		 400 to 600 mL or about 1 1/2 to 2 1/2 cups			 700 to 800 mL per day or about 2 1/2 to 3 1/2						
How Often Should You Breastfeed? Per day, on average over 24 hours	In the first month 8 to 12 feeds per day (every 1 1/2 to 3 hours)										By about two months at least 6 to 8 feeds per day		
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								
Soiled Diapers: Number and Colour of Stools	 At least 1 to 2 per day BLACK OR DARK GREEN		 At least 3 per day BROWN, GREEN, OR YELLOW			 At least 3 large per day, soft and seedy YELLOW					 At least 1 or more large every 1 to 7 days YELLOW		
Your Baby's Weight	Most babies lose about 5 to 7% of their birth weight in the first 3 to 4 days after birth. For example, a 3.2 kilogram or 7-pound baby will lose about 230 grams or 1/2 a pound.							Your baby should return to his or her birth weight by 10 to 14 days.		Your baby should gain about 112 to 224 grams a week for the first 3 months.			
Growth Spurts *	Babies often experience a sudden burst in growth—a growth 'spurt'—at certain times within their first few weeks. During these growth spurts your baby may want to nurse more than usual.										*	*	*

Breast Milk Is All the Food Your Baby Needs for the First Six Months

The World Health Organization (WHO) and UNICEF recommend that you feed your baby *nothing but breast milk* from birth to 6 months. At 6 months, begin adding solid foods while continuing to breastfeed your baby until age two or beyond.

Signs That Your Baby Is Getting Enough Milk

- Your baby is sucking strongly, slowly, and steadily.
- You can see your baby swallowing frequently.
- Your baby has a strong cry and moves actively.
- Your baby's mouth is moist.
- Your baby's eyes are bright and alert.
- Your baby comes off the breast looking relaxed and content.
- Your breasts feel softer and less full after breastfeeding.
- Your baby is growing, feels heavier and is gaining weight.

If You Need Help: Breastfeeding support is available in your community. Ask your doctor, nurse, or midwife for help. Your local public health department can also help by referring you to lactation consultants or breastfeeding clinics in your area. To find the health department nearest you, call INFO line: 1-866-532-3161. For peer breastfeeding support call La Leche League Canada Referral Service 1-800-665-4324.