

Is My Baby Getting Enough Breastmilk?

- Baby breastfeeds 8-12 times every 24 hours
- Some babies will be very sleepy and may need to be awakened to breastfeed and gain weight
- Breastfeeding your baby at night is important; it helps to build your milk supply
- Breasts feel softer after feeding
- Normal breast tissue swelling goes away in about one week (This is not a sign of decreased milk supply)
- Baby quiets down after feeding and is content for a while
- Cluster feeding (every 1-2 hours) over a certain period of time each day is normal for a baby

Wet Diapers First Week

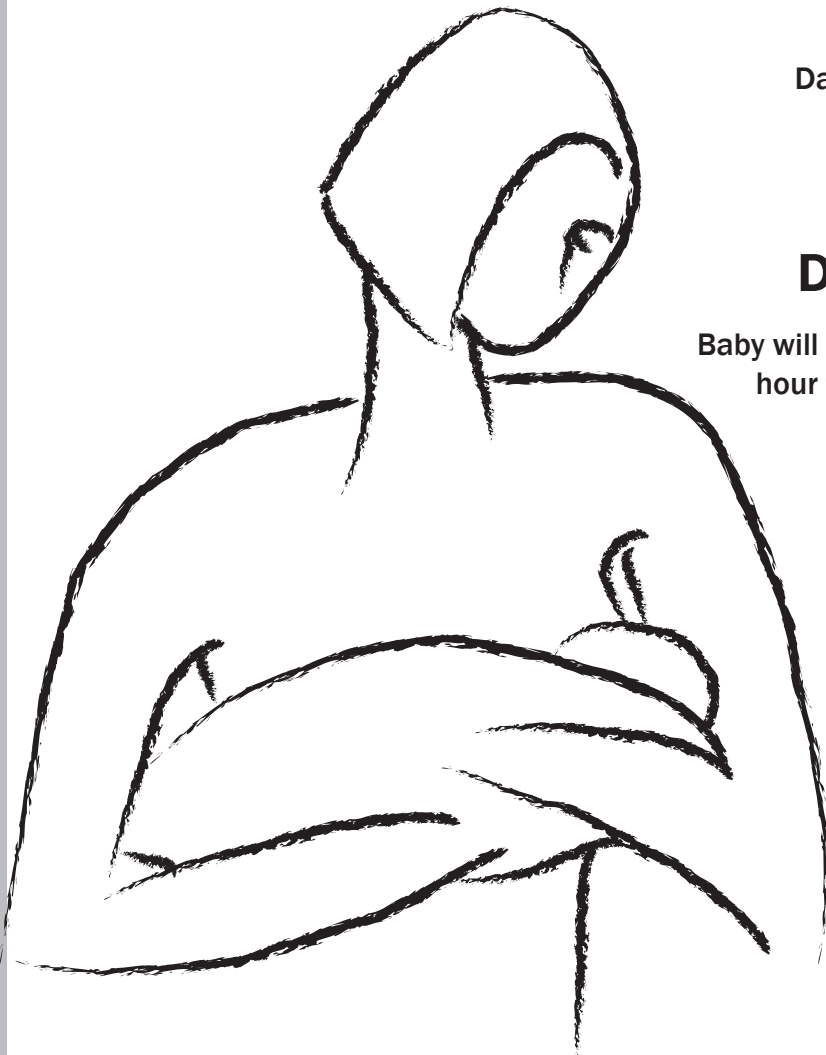
Day 11 or more wet diapers
Day 22 or more wet diapers
Day 33 or more wet diapers
Day 5 & beyond6-8 wet diapers

Stool Pattern First Week

Day 1 Meconium, black, tarry stool
(2 or more)
Day 2 Black, green or brownish green
(2 or more)
Day 3 Green, smaller in quantity,
loose, more frequent
(3 or more)
Day 4 & beyond Mustard yellow, loose,
with small curds
(3 or more)

During Growth Spurts

Baby will want to nurse more often, sometimes each hour for 1-2 days. Growth spurts occur at around 10 days, 3 weeks, 6 weeks, 3 months and 6 months of age



HEALTH DIVISION
Department of Health & Human Services

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