Information for breastfeeding families

Congratulations on the Birth of Your Baby!

I hope things are going well with breastfeeding your baby. I am here to help if you have any questions or problems. Here are some basic guidelines to keep in mind for the first few weeks.

Wet diapers = 6+ per day
Stools = 3+ per day
Feedings = at least 8 times, on demand, around the clock for the first 2-3 months

**Signs of good feedings**

✓ Feeling a deep, strong pulling sensation without sharp pain
✓ Consistent sucking with only brief pauses
✓ Hearing swallowing (after the milk comes in)
✓ Latch-on is easy
✓ Vigorous sucking at the breast
✓ Breasts are softer after the feeding
✓ Seeing milk in your baby’s mouth
✓ Feeling a let-down reflex or seeing a change in the baby’s feeding rhythm
✓ Adequate wet diapers and stools
✓ Minimal weight loss during first few days
✓ Regain birth weight by 2 weeks and gains ¾ to 1 oz daily thereafter

**Signs of poor feedings**

✓ Feeling pain during feedings
✓ Sleepy baby
✓ Inconsistent, flutter (weak) sucking
✓ Difficulty latching-on and staying on
✓ Clicking or popping sounds in your baby’s mouth
✓ Prolonged nursing (more than 20-25 minutes on each side)
✓ Infrequent nursing (baby does not wake to feed at least every 3 hours)
✓ Baby is not satisfied at the end of the feeding
✓ Engorgement
✓ Inadequate wet diapers and stools
✓ Rapid or excessive weight loss (more than 7-10%) during the first few days
✓ Has not regained birth weight by 2 weeks
✓ Slow weight gain thereafter (less than 1/2 – 3/4 oz per day)

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