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
- \checkmark 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)

- \checkmark 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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