





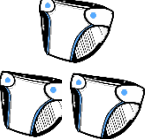







**How do I know that my baby is getting enough breastmilk?
Guide for breastfeeding mothers**

Your Baby's age	First Week							2 WEEKS	3 WEEKS	
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS			
How often should your baby breastfeed? Per day, on average over 24 hours	3-4 feeds	After day one baby will feed often and the number of feed will vary from day to day. Being responsive to your baby's need to breastfeed for food, drink, comfort and security will ensure you have a good milk supply and a secure happy baby.								
Our baby's tummy size	Size of a cherry 	Size of a walnut 	Size of a plum 	Size of an egg 						
How many wet nappies per day (on average 24 hours)	At least 1 WET 	At least 2 WET 	At least 3 WET 	At least 4 WET 	At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE 					
How many dirty nappies Number and colour of stools (per day on average over 24 hours)	At least 2 BLACK OR DARK GREEN (meconium) 		At least 2 BROWN, GREEN OR YELLOW (changing stool) 		At least 2 LARGE, SOFT AND SEEDY YELLOW (preferably more) 					
Your baby's weight	Babies lose an average 7% of their birth weight in the first 3 days after birth			From day 4 onwards your baby should gain 20 to 35g per day and regain his or her birth weight by 10 to 14 days. Your Community midwife will weigh your baby at home on days 5 and complete a breastfeeding assessment (see page 14 of baby's purple notes)						
Other signs	Your baby should be alert and have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding									