

Is My Baby Getting Enough Milk?

At birth, your baby's tummy is very small, about the size of a cherry! That's why they only need a few drops of early milk, called colostrum, at a time.

Colostrum:

- Is packed with nutrients and antibodies
- Coats your baby's gut and protects them from infections
- Allows your baby to safely practice suck, swallow and breathe patterns before your higher volume of milk comes in



Every drop counts! Feeding your baby early and often will tell your body to produce more milk to meet your baby's needs as they grow.

When you are breastfeeding, you cannot see how much milk your baby is taking.

Watch for the signs below that feeding is going well.

Feed your baby at least 8 times in 24 hours. Your baby should have a strong suck and swallow often.

Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS		
How Often Should You Breastfeed? Per day, on average over 24 hours	<p>At least 8 feeds per day. Your baby is sucking strongly, slowly, steadily and swallowing often.</p>								
Your Baby's Tummy Size	<p>Size of a cherry</p>		<p>Size of a walnut</p>		<p>Size of an apricot</p>		<p>Size of an egg</p>		
Wet Diapers: How Many, How Wet Per day, on average over 24 hours	<p>At least 1 WET</p>	<p>At least 2 WET</p>	<p>At least 3 WET</p>	<p>At least 4 WET</p>	<p>At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE</p>				
Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours	<p>At least 1 to 2 BLACK OR DARK GREEN</p>		<p>At least 3 BROWN, GREEN, OR YELLOW</p>		<p>At least 3 large, soft and seedy YELLOW</p>				
Your Baby's Weight	Most babies lose a bit of weight in the first 3 days after birth.			From day 4 onward, most babies gain weight regularly.					
Other Signs	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.								

Best Start. (2020). Signs that feeding is going well. Retrieved from: [B02-E_BF_magnet_2020 \(beststart.org\)](https://www.beststart.org/B02-E_BF_magnet_2020)



Halton Baby-Friendly Initiative
Breastfeeding Basics

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