

IS BABY GETTING ENOUGH? - QUICK REFERENCE CARD

--- BIRTH to 6 WEEKS ---

WEIGHT GAIN:

If baby is gaining well on mom's milk alone, then baby is getting enough. A 5-7% weight loss during the first 3-4 days after birth is normal. Baby should regain birth weight by 2 weeks. Once mom's milk comes in, average weight gain is 5-7 oz/week. If these goals are not met, call your lactation consultant.

WET DIAPERS: 5 - 6+ sopping wet diapers per day (after 1st week).

Expect one wet diaper on day one, increasing to 5-6 by one week. To see what a sufficiently wet diaper is like, pour 3 tablespoons (45 mL) of water into a clean diaper (if baby wets more often, then the amount of urine per diaper may be less). Urine should be pale and mild smelling.

DIRTY DIAPERS: 3 - 4+ dirty diapers per day (after day 4).

Stools should be yellow (**no** meconium) by day 5 and the size of a US quarter (2.5 cm) or larger. The normal stool of a breastfed baby is usually yellow and is loose (soft to watery, may be seedy or curdy).

OTHER POSITIVE SIGNS: After a feeding, mom's breast feels softer and baby seems reasonably content. Baby is alert, active and meeting developmental milestones.

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IS BABY GETTING ENOUGH? - QUICK REFERENCE CARD

--- AFTER 6 WEEKS ---

WEIGHT GAIN:

If baby is gaining well on mom's milk alone, then baby is getting enough.

Average weight gain for breastfed babies:

0 - 4 mo	5 - 7 oz/week	4 - 6 mo	4 - 5 oz/week	6 - 12 mo	2 - 4 oz/week
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WET DIAPERS: 4 - 5+ sopping wet diapers per day.

To feel what a sufficiently wet diaper is like, pour 4 ounces (116 mL) of water into a clean diaper (if baby wets more often, then the amount of urine per diaper may be less). Diapers may be wetter in the morning, especially with older babies. Urine should be pale and mild smelling.

DIRTY DIAPERS: Depends on your child.

Number ranges from many per day to one every 7 - 10+ days. After 4 - 6 weeks, some babies switch to an infrequent stooling pattern. This is normal as long as baby is gaining well, and stools are soft and profuse if several days have passed.

OTHER POSITIVE SIGNS: After a feeding, mom's breast feels softer and baby seems reasonably content. Baby is alert, active and meeting developmental milestones.

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