

## 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 6 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 feel 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:

<b>0 - 4</b> mo	5 - 7 oz/week	<b>4 - 6</b> mo	4 - 5 oz/week	<b>6 - 12</b> 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. [Rev. 1/29/05]

## HUMAN MILK STORAGE - QUICK REFERENCE CARD

	Temperature	Storage Time
<b>Freshly expressed milk</b>		
Warm room	79°F / 25°C	4-6 hours
Room temperature	66-72°F / 19-22°C	10 hours
Insulated cooler / icepacks	60°F / 15°C	24 hours
<b>Refrigerated Milk (Store at back, away from door)</b>		
Refrigerator (fresh milk)	32-39°F / 0-4°C	8 days
Refrigerator (thawed milk)	32-39°F / 0-4°C	24 hours
<b>Frozen Milk (Do not refreeze! Store at back, away from door/sides)</b>		
Freezer compartment inside refrigerator (older-style)	Varies	2 weeks
Self-contained freezer unit of a refrigerator/freezer	Varies	3-6 months
Separate deep freeze	0°F / 19°C	6-12 months

*These guidelines are for milk expressed for a full-term healthy baby. If baby is seriously ill and/or hospitalized, discuss storage guidelines with baby's doctor.*

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To avoid waste and for easier thawing & warming, store milk in 1-4 ounce portions. Date milk before storing. Milk from different pumping sessions/days may be combined in one container – use the date of the first milk expressed.

Breastmilk is not spoiled unless it smells really bad or tastes sour.

### To thaw milk

- Thaw slowly in the refrigerator (this takes about 12 hours – try putting it in the fridge the night before you need it). Avoid letting milk sit out at room temperature to thaw.
- For quicker thawing, hold container under running water - start cool and gradually increase temperature.

Previously frozen milk may be kept in the refrigerator for up to 24 hours after it has finished thawing. **Do not refreeze.**

### To warm milk

- Heat water in a cup or other small container, then place frozen milk in the water to warm; or
- Use a bottle warmer.
- **NEVER microwave human milk or heat it directly on the stove.**

The cream will rise to the top of the milk during storage. Gently swirl milk (*do not shake*) to mix before checking temperature and offering to baby.

**If baby does not finish milk at one feeding,** it may be refrigerated and offered at the next feeding before it is discarded. [Rev. 2/19/04]