

SIGNS THAT YOUR BABY IS GETTING ENOUGH BREAST MILK

Did you know that most women can make enough milk for several babies? The more you nurse, the more milk your body will make!

NORMAL BREASTFEEDING

- ❖ Normal newborns want to breastfeed every 1 1/2 to 2 hours. Feedings often take about a half an hour.
- ❖ During a growth spurt, your baby may want to eat constantly for a couple of days. That's how she gets you to start making more milk.
- ❖ Normal babies are built to be held 24\7. Don't worry; you can't spoil a new baby. She'll get more independent as she gets older.
- ❖ Babies tend to fuss and cry more every day as their little brains and bodies wake up. It will usually get better after two months.
- ❖ Babies will poop four to six times a day until about a month of age. Then, they'll go 5 or more days without pooping. They're not constipated; they're just growing up!
- ❖ Even babies with full tummies will suck down a bottle at the end of a breast feed. They're used to sucking hard, and don't know how to control the easy flow of a bottle nipple.
- ❖ A normal pump amount in the early weeks is one ounce. Many moms are unable to pump until they are separated from their baby for many hours
- ❖ Many moms and babies choose to feed one side at each feeding.
- ❖ Your breasts will get smaller and softer as you move beyond pregnancy. It doesn't mean that you're drying up.

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- ❖ She wets one diaper per day of life up until the end of the first week, then wets 6-8 per day.
- ❖ His dark tarry poop changes to lighter green by day 3-5 and to mustard yellow by day 6-7. He then poops at least 4 times a day until about one month of age.
- ❖ She regains her birth weight by two weeks, and then starts gaining about an ounce a day.
- ❖ He nurses at least 8 times a day, and often much more.
- ❖ You can hear her swallow while she eats, and she has a strong latch.
- ❖ You can usually feel a let down of milk at the start of a feed.
- ❖ She doesn't sleep any longer than 6 hours at night.

If you are worried about your baby's breastfeeding, please contact WIC (406-457-8912) or your doctor for a weight check and feeding evaluation. Congratulations on getting your baby off to a healthy start!