

## Helpful facts for the first few days of life



Baby's first days of life are counted in 24 hour cycles. Each new day starts at the time your baby was born.



It is normal for your baby to feed on one or both breasts at least 8-12 times per day.



Use the start of each feeding to count the hours between each feeding.



If your baby does not wake to eat after two hours during the day and three hours at night, put your baby skin to skin and then feed.

## Signs of a good feed

- ✓ Hearing swallowing sounds like a soft "k" or gulping
- ✓ Seeing sucking in long jaw motions
- ✓ Seeing and feeling baby's body become soft and relaxed after feeding
- ✓ Seeing enough urine and stool diapers
- ✓ Feeling pain-free tugging or pulling on nipple
- ✓ Feelings of thirst, sleepiness and cramping in your abdomen
- ✓ Feeling breast softening with feeding, once your milk supply comes in

## What comes in must come out!

In addition to watching your baby's behavior while feeding, counting your baby's diapers each day can help you know that your baby is eating enough milk. Normal output varies. Diapers can be counted as both wet (urine) and dirty (stool). Count wet diapers that feel heavy or very wet. Always contact your baby's healthcare provider with worries about wet and dirty diapers.

Days	Stools per day	Stool Consistency	Wets per day
0-2	2-4+	Black, dark green, sticky, thick	1+ ; 2+ on day 2
3	3+	Green to brown, looser	5+
4	4+	Tan to yellow, runny-loose	4-6+
5-7	6+	Yellow, seedy, liquid	6+
1-6 weeks	4-8	Yellow, seedy	6+

References: Shrago et al., Wambach, K. & Spencer, B. (2019). Breastfeeding and Human Lactation. Jones & Bartlett Learning, LLC.

## Book an appointment with a Nest IBCLC if:

You need to supplement, if your baby is not gaining weight as expected, if you do not see the signs of a good feed listed above, or if your milk has not come in by day four after birth.

### Pro Tips!

Wake a sleepy baby to feed on both sides, use skin to skin contact, head and body massage, burping, and diaper changes! Contact emergency services via 911 right away if you are unable to wake your baby.



Signs your milk is coming in are breasts that feel warm, heavy, full, or tingle, leaking milk!

Most often, milk comes in between 2-5 days and stool sizes get bigger, change color, and become soft or loose. Wet diaper count also increases.



It is recommended breastfed babies have a feeding evaluation by 3-5 days after birth.

Book with a Nest Collaborative IBCLC by visiting our website [www.nestcollaborative.com](http://www.nestcollaborative.com) or by calling (888) 598-1554.



# Newborn Feeding Log

Baby's date of birth \_\_\_\_\_ at \_\_\_\_\_ AM/PM

<b>Time</b> Date	<b>Feeding Method</b> If breast milk or formula is given, Circle: Bottle or Other (syringe, cup, etc) Write: Milliliters (mL) or ounces (Oz)	<b>Diaper Output</b>	<b>Notes</b> (Baby's mood, last breast fed on, milk expression or additional feed details)
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