

Baby's Age

1 DAY

2 DAYS

3 DAYS

1 WEEK

4 DAYS

5 DAYS

6 DAYS

7 DAYS

2 WEEKS

3 WEEKS

How Often to Breastfeed?

Per day, on average over 24 hours



At least 8 feeds per day. Baby is sucking strongly, slowly, steadily and swallowing often.

Baby's Tummy Size



Size of a cherry



Size of a walnut



Size of an apricot



Size of an egg

Wet Diapers:

How Many, How Wet

Per day, on average over 24 hours



At least 1
WET



At least 2
WET



At least 3
WET



At least 4
WET



At least 6
HEAVY WET WITH PALE YELLOW OR CLEAR URINE

Soiled Diapers:

Number and Colour of Stools

Per day, on average over 24 hours



At least 1 to 2
BLACK OR DARK GREEN



At least 3
BROWN, GREEN, OR YELLOW



At least 3 large, soft and seedy
YELLOW

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. Babies should return to birth weight or more by the age of 10 - 14 days. If parents have any concerns with their baby's weight gain patterns encourage them to consult their health care provider.

Growth Spurts

Babies often vary the length of time between feeding with some feedings being closer together and others being farther apart. Babies will often feed for varying lengths of time at the breast. Sometimes feedings may be shorter and other times longer. Babies should feed 8 or more times in 24 hours.

Other Signs

Baby should have a strong cry, move actively and wake easily. Mother's breasts feels softer and less full after breastfeeding.

Inform parents to get advice, help and support from:

- Their health care provider.
- Telehealth Ontario's specialized breastfeeding support line at 1-866-797-0000 or TTY at 1-866-797-0007.
- Bilingual Online Ontario Breastfeeding Services directory at www.ontariobreastfeeds.ca

best start
meilleur départ

by/par health **nexus** santé

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