

Breastfeeding:

Is baby getting enough milk?

One main reason women quit breastfeeding is that they think they don't have enough milk.

Signs your baby is getting plenty of milk:

- Baby's weight is the best way to tell:
 - Loses less than 7% in first 3-4 days
 - Gains 5-7 oz. per week after 5th day
 - Is back to birth weight by 10-14 days
- Your baby has 1-2 dirty diapers on the first 2 days, then at least 4 dirty diapers every day after day 4. Breastfed stools start off black, turn greenish, then are loose and yellow by a week old.
- Your baby has a 2-5 wet diapers each day for the first few days. By 5-7 days old, your baby has 6 or more wet diapers every day.
- You feed your baby 8-12 times in a 24-hour period. Frequent feedings in the first few weeks establishes your milk supply and helps the baby learn to breastfeed.
- You can hear your baby swallowing during the feedings.
- Baby is content for 1½ to 2 hours between feedings.
- Your breasts are full before the feeding and softer when the baby is finished.



Important breastfeeding tips:

- Learn baby's hunger cues: bringing fists to mouth, sticking tongue out, rooting, and squirming.
- Breastfeed whenever your baby shows signs of hunger. It doesn't matter how long it has been since the last feed.
- You'll make plenty of perfect milk even if you miss a meal or eat an imperfect diet.



Don't take free formula samples. You're more likely to use it when your baby doesn't need it.

This reduces your milk supply. Instead, get help from La Leche League (Illi.org) or WIC.