














GUIDELINES FOR NURSING MOTHERS

| Your Baby's Age | 1 WEEK | | | | | | | 2 WEEKS | 3 WEEKS | |
|---|---|--------|---|--------|--|--------|---|---------|--|--|
| | 1 DAY | 2 DAYS | 3 DAYS | 4 DAYS | 5 DAYS | 6 DAYS | 7 DAYS | | | |
| How Often Should You Breastfeed? Per day, on average over 24 hours |  <p>At least 8 feeds per day. Your baby is sucking strongly, slowly, steadily and swallowing often.</p> | | | | | | | | | |
| Your Baby's Tummy Size |  <p>Size of a cherry</p> | |  <p>Size of a walnut</p> | |  <p>Size of an apricot</p> | |  <p>Size of an egg</p> | | | |
| Wet Diapers: How Many, How Wet Per day, on average over 24 hours |  <p>At least 1 WET</p> | |  <p>At least 2 WET</p> | |  <p>At least 3 WET</p> | |  <p>At least 4 WET</p> | |  <p>At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE</p> | |
| Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours |  <p>At least 1 to 2 BLACK OR DARK GREEN</p> | |  <p>At least 3 BROWN, GREEN, OR YELLOW</p> | |  <p>At least 3 large, soft and seedy YELLOW</p> | | | | | |
| Your 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. | | | | | |
| Other Signs | Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding. | | | | | | | | | |



by/par health **nexus** santé

Breast milk is all the food a baby needs for the first six months.

You can get advice, help and support from:

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