

# How Do I Know My Baby's Getting Enough Breastmilk?

## After the first week of breastfeeding, your baby...

- ◆ has 5-6 wet disposable diapers or 6-8 wet cloth diapers a day
- ◆ has 3 or more, yellow bowel movements a day
- ◆ feeds often, at least 8 or more times in 24 hours
- ◆ is bright, alert with a strong cry
- ◆ is content after most feedings
- ◆ is starting to fill out his clothes



Photo courtesy of Dee Dee Voisey

*Growth Spurts* — Your baby will have a sudden burst in growth at certain times. Your baby will feed more often for a few days. You will make more breastmilk to meet your baby's needs.

## Contact your Public Health Nurse or Doctor

### if your baby:

- ◆ is not taking the breast well
- ◆ is feeding for long periods and doesn't seem content
- ◆ is not having enough bowel movements or wet diapers
- ◆ is sleepy and hard to wake for feedings

### or if:

- ◆ your nipples are sore and not getting better
- ◆ you feel like you are getting the flu
- ◆ one or both of your breasts is red and sore
- ◆ you feel down about breastfeeding

*Go Healthy*



Newfoundland  
Labrador