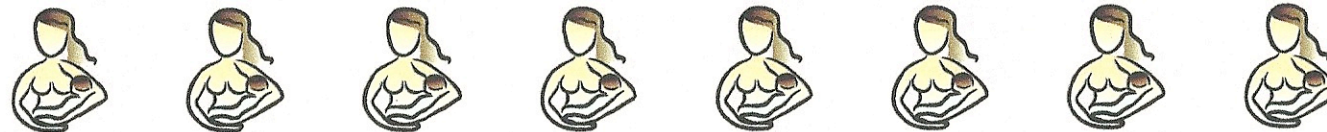


GUIDELINES FOR NURSING MOTHERS

Your Baby's Age	1 WEEK			2 WEEKS				3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS	

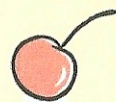
How Often Should You Breastfeed?

Per day, on average over 24 hours



At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.

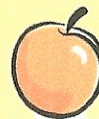
Your Baby's Tummy Size



Size of a cherry



Size of a walnut



Size of an apricot



Size of an egg

Wet Diapers:

How Many, How Wet

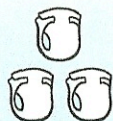
Per day, on average over 24 hours



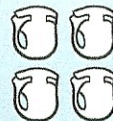
At least 1 WET



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

Your Baby's Weight

Babies lose an average of 7% of their birth weight in the first 3 days after birth.

From Day 4 onward your baby should gain 20 to 35g per day (¾ to 1½ oz) and regain his or her birth weight by 10 to 14 days.

Other Signs

Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.