Information for breastfeeding families

Congratulations on the Birth of Your Baby!

I hope things are going well with breastfeeding your baby. I am here to help if you have any questions or problems. Here are some basic guidelines to keep in mind for the first few weeks.

**Wet diapers = 6+ per day**
**Stools = 3+ per day**
**Feedings = 8-12 around the clock for the first 2-3 months**

**Signs of good feedings**

- Feeling a deep, strong pulling sensation without sharp pain
- Consistent sucking with only brief pauses
- Hearing swallowing (after the milk comes in)
- Latch-on is easy
- 15-20 minutes of vigorous sucking per breast (20-30 minutes for one breast feedings)
- Breasts are softer after the feeding
- Seeing milk in your baby’s mouth
- Feeling a let-down reflex or seeing a change in the baby’s feeding rhythm
- Adequate wet diapers and stools
- Minimal weight loss during first few days
- Regain birth weight by 2 weeks and gains ¼ to 1 oz daily thereafter

**Signs of poor feedings**

- Feeling pain during feedings
- Sleepy baby
- Inconsistent, flutter (weak) sucking
- Difficulty latching-on and staying on
- Clicking or popping sounds in your baby’s mouth
- Prolonged nursing (more than 20-25 minutes on each side)
- Infrequent nursing (baby does not wake to feed at least every 3 hours)
- Frequent nursing (more than 12 per day)
- Baby is not satisfied at the end of the feeding
- Engorgement
- Inadequate wet diapers and stools
- Rapid or excessive weight loss (more than 7-10%) during the first few days
- Has not regained birth weight by 2 weeks
- Slow weight gain thereafter (less than 1/2 – 3/4 oz per day)

Lactation Education Resources / Worksite Perinatal Consultants. This handout may be freely duplicated. Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your or your infant’s medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.