

## BREASTFEEDING

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### Signs that Breastfeeding Is Going Well

Generally speaking, a newborn baby should be fed when he is hungry.

You should expect the baby to feed every 2 to 3 hours ***around the clock*** in the first month of life. You should be nursing your baby 8 to 12 times a day.

Feeding schedules are different for every baby, but it is best to starting feeding your baby before she starts crying. Your baby will give you clues that she is hungry. You should feed the baby when you start to see these clues.

#### **Signs of hunger in an infant**

Small movements as she starts to wake up  
Whimpering  
Lip smacking  
Pulling up arms or legs toward her middle  
Stretching  
Yawning  
Waking  
Looking alert  
Putting hand or fist toward his mouth  
Making sucking motions  
Becoming more active  
Nuzzling against your breast

*If your baby sleeps for more than four hours in the first two weeks, you should wake him for a feeding. If you notice that your baby is not waking up for several feedings in a row, you should call your pediatrician.*

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#### **How do I know if my baby is getting enough milk?**

*Look at the wet and dirty diapers.*

- Wet diapers:
  - For the first two days, your baby should have 2-3 wet or dirty diapers each day
  - After the first two days your baby should have six or more wet diapers a day
- Stools:
  - Your baby should have 3 or more stools per day
  - If your baby is breastfeeding, she should have a yellow stool during or after each feeding

*Your baby will be gaining weight.*

- Your baby will be weighed at each visit with the pediatrician.
- Most babies lose a few ounces within the first week of life.
- All babies should be at their birthweight by two weeks of life.

*Your baby should seem satisfied after every feed.*