





















# Breastfeeding My Baby

Breastfeeding is the normal and healthiest way to feed your baby. It is the only food your baby needs.

**How do I know if my baby is getting enough breast milk?** The best way is by the number of wet and soiled diapers and your baby's weight gain.

Your Baby's Age	1 week					2 Weeks	3 Weeks
	1 Day	2 Days	3 Days	4 Days	5, 6, 7 Days		
How often do I breast feed? Per day, on average, over 24 hours	<div></div> <p>I am feeding my baby 8 or more times per day (every 1-3 hours), including 2-3 night time feeds</p>						
How big is my baby's tummy? <i>*approximately</i>	<div></div> <p>5-7 ml • Size of a Marble</p>		<div></div> <p>22-27 ml • Size of a Ping Pong Ball</p>			<div></div> <p>60-80 ml • Size of an Egg</p>	
How many wet diapers will my baby have? Per day, on average, over 24 hours <i>*Clear pale yellow urine</i>	<div></div> <p>At least <b>1 WET</b></p>	<div></div> <p>At least <b>2 WET</b></p>	<div></div> <p>At least <b>3 WET</b></p>	<div></div> <p>At least <b>4 WET</b></p>	<div></div> <p>At least <b>5 WET</b></p>	<div></div> <p>At least <b>6 WET</b></p>	
How many soiled diapers will my baby have? Per day, on average, over 24 hours	<div></div> <p>At least <b>1-2</b> black or dark green</p>		<div></div> <p>At least <b>2-3</b> brown, green or yellow</p>			<div></div> <p>At least <b>2-3</b> soft and seedy yellow</p>	
How much will my baby weigh?	Your baby may lose 7-10% of its birth weight in the first 3 days after birth			Your baby gains 20-35 grams (2/3 to 1 1/3 oz.) per day and regains his/her birth weight by 10-14 days		Your baby now gains 120-240 grams (4-8 oz.) per week	
Other Signs	Your baby has a strong cry, moves actively, and wakes easily. Your breasts feel softer and less full after a feeding. After a few weeks it is normal for your breasts to feel soft and still have lots of milk.						



This "Breastfeeding my Baby" is taken from the Pregnancy Passport.

Ask your health care provider for this important booklet.

*It will support you to have a healthy pregnancy and help prepare you to welcome your baby into the world.*

