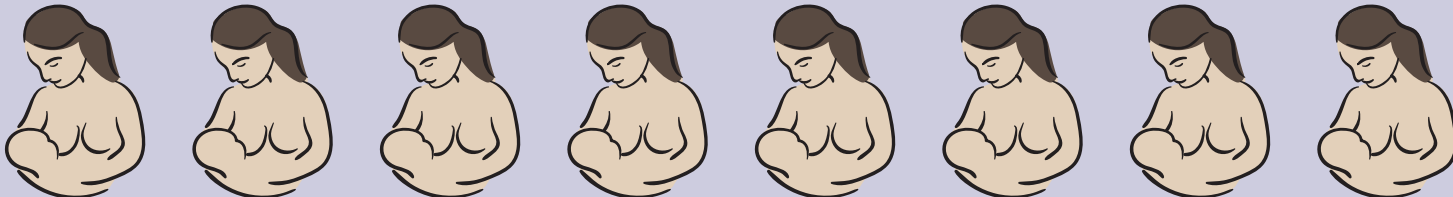


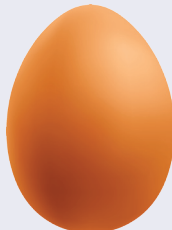

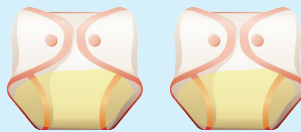

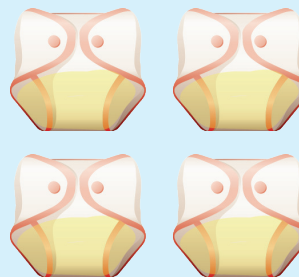
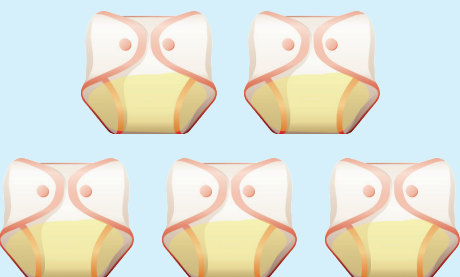
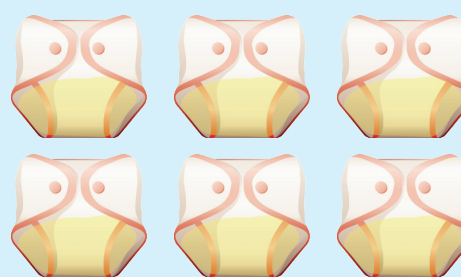





Breastfeeding My Baby

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 1 WET</p> | <div></div> <p>At least 2 WET</p> | <div></div> <p>At least 3 WET</p> | <div></div> <p>At least 4 WET</p> | <div></div> <p>At least 5 WET</p> | <div></div> <p>At least 6 WET</p> | |
| How many soiled diapers will my baby have? Per day, on average, over 24 hours | <div></div> <p>At least 1-2 black or dark green</p> | | <div></div> <p>At least 2-3 brown, green or yellow</p> | | | <div></div> <p>At least 2-3 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.

