

Breastfeeding: Baby's First Days

The breastfed baby should nurse at least 8 times in 24 hours. In the first few days, you may need to wake a sleeping baby to make this happen. An average feeding should last 45 to 60 minutes, including a diaper change. As your milk comes in or as your baby gets stronger, the length of feedings may decrease. Babies tend to nurse frequently (cluster-feed) especially in the evening and through the night. This is normal.

**Talk with a Public Health Nurse, call
Client and Community Support**

1-800-265-7293 ext. 7006

Call us for help if:

- Your nipples are sore or cracked.
- You're unable to get your baby latched.
- During the first week, your baby has no bowel movements for over 12 hours.
- Your baby has infrequent wet diapers or pink crystals are seen in the diaper after day 3.
- Your baby has dark green or black bowel movements after day 5.
- Your baby falls asleep after nursing for only a few minutes.
- Your baby sleeps from four to five hours, more than once a day.
- Your baby spends more than 45 minutes at the breast and begins crying soon after being taken off.
- Your baby is not content between feedings.
- Your baby feeds only by rapid nibbling or shallow sucking.

Days	Wet (Urine)	Dirty (Stool)
1 to 2	At least 1 to 2 wet diapers every 24 hours (A wet diaper feels like 1 ounce of water poured on to a dry diaper). Pinkish crystals may be seen.	At least 1 to 2 large or several small, dark green/black sticky stools.
3	At least 3 wet diapers every 24 hours that are heavier than on days 1 and 2.	At least 3 brown/green/yellow stools. Stools can be soft like toothpaste or watery and seedy.
4 to 5	At least 4 heavy wet diapers every 24 hours.	At least 3 yellow stools.
5 and later	At least 5 to 8 heavy wet diapers every 24 hours. This pattern of wetting continues as your baby grows.	At least 3 yellow pasty/seedy stools every day for up to 1 month. After a couple of weeks, stool patterns may vary from several each day to 1 every week. This is normal as long as baby continues to gain weight.

Tracking your baby's first days

Here's a chart to help you keep track of your baby's feedings and diaper changes following the birth. You can look back over the past 24 hours to see if baby is getting enough to drink by the number of wet and dirty diapers she is having. It will also be helpful to show to your healthcare provider at your next appointment.

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