

# Formula Feeding: Baby's First Days

Babies should feed whenever they appear hungry and at least 8 times in 24 hours. In the first few days, you may need to wake a sleeping baby to make this happen. It is normal for babies to feed more frequently in the evening and overnight.

## It's time for a feeding when your baby:

- Starts to wake up
- Makes rapid eye movement under the eyelids
- Licks/sucks/moves the mouth
- Turns head while opening her/his mouth (rooting)
- Makes smacking and grunting sounds
- Brings hands to mouth and fists become tight
- Cries (the last sign of hunger)

Try to feed your baby when you see the early feeding cues. Your baby will be more content and feed better than when she is crying.

## How much should my baby drink?

Newborns have very small stomachs.

Days old	Amount the stomach can hold
1	5-7 ml per feeding (size of a cherry)
2	12-14 ml per feeding
3	30 ml (1 oz.) per feeding
7 (one week)	60 ml (2 oz.) per feeding (size of an egg)

## How do I know that my baby is finished?

- Baby falls asleep
- Turns head to side
- No longer sucks
- Lets go of the bottle nipple
- Closes her lips

## How do I know my baby is getting enough formula?

You know that your baby is getting enough formula by the number of wet and dirty diapers. A wet diaper feels like 1 ounce (30 ml) of water poured on a dry diaper.

Days	Wet Diapers (Urine)	Dirty Diapers (Stool)
1 & 2	every 24 hours. Pinkish crystals may be seen.	At least 3 small, dark green/black sticky stools. or
3	At least 3 every 24 hours that are heavier than on days 1 and 2.	At least 3 green/yellow/brown stools every day (soft like toothpaste).
4 & 5	At least 4 heavy wet diapers every 24 hours.	At least 3 soft yellow/tan/brown stools every day.
6 and later	At least 6 heavy wet diapers every 24 hours. This pattern continues as your baby grows.	At least 3 soft yellow/tan/brown stools every day. After a couple of weeks, stool patterns may vary from several each day to 1 every 2 days. This is normal as long as stools are soft.

## Questions?

Speak to a Public Health Nurse: call  
Client and Community Support 1-800-265-7293 ext. 7006.

## 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.

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## Call us for help if...

- During the first week, your baby has no bowel movements for over 24 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 sleeps from four to five hours, more than once a day.
- Your baby is not content between feedings.

