

Is My Baby Getting Enough Milk?

Growth

- Weight gain should be about 5.5 – 8.5 oz per week until 4 months of age
- If baby hasn't regained their birth weight by 10-14 days old, they may not be getting enough.

-A 5 – 7% weight loss during the first 3-4 days after birth is normal

Diapers

-By day 2, look for 2 wet diapers over 24 hours. By day 3 and 4, look for 3 or more wet diapers each 24 hours. By 5 days old, look for 6 or more wet diapers over 24 hours.

-Baby should have 3 – 4 stools every day by 4 days old

*Dark colored urine (apple juice color) is a sign that baby isn't getting enough milk.

How Often Is Baby Eating?

-Baby should nurse frequently, 8 -12 times per 24 hours period

- If baby takes too little or too long at the breast, they may not be getting enough. This means falling asleep shortly after beginning to feed or taking longer than 30 – 40 mins per feed.

Proper Latch

-If latching is too painful or shallow, it can prevent baby from getting enough milk

Have An Adequate Milk Supply

-Remove more milk from the breast and do it frequently

-Nurse frequently



-Offer both breasts during feedings

-Consider a galactagogue (herb, prescription meds) *consult a lactation consultant*

If there are any difficulties, please contact a lactation consultant

For questions, contact me:

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