

How do I know my baby is getting enough milk?

- ◆ Your baby will nurse very frequently. This is a *GOOD* sign that your baby is getting enough milk.
- ◆ Babies should nurse at least 8 times every 24 hours during the newborn period (i.e. first 6 weeks). Let your baby nurse as frequently and as long as he or she wants.
- ◆ You should be able to hear or see your baby swallowing.
- ◆ Your baby should look satisfied after nursing (i.e. drowsy and content).
- ◆ Milk volume increases significantly 3-5 days after delivery. Your breasts will feel fuller after your milk "comes in". After nursing, your breasts will feel softer than before.
- ◆ Three or more loose yellow bowel movements each day by the fourth day after birth is a good sign that your baby is getting enough milk.
- ◆ Nipple tenderness with latching on during the first week or two is not uncommon.
- ◆ Babies regain their birth weight by 10-14 days after birth and gain about 1 ounce a day.
- ◆ If you have questions or concerns, call 833-BABY, the Breastfeeding Advice Line.
- ◆ Breastfeeding should be enjoyable and satisfying for you and your baby!

