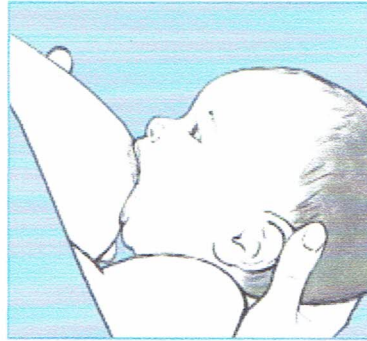


How to tell that breastfeeding is going well

You know that breastfeeding is going well when

- You can hear baby swallowing at the breast.
- Baby is gaining weight, feels heavier, and fills out newborn clothes. Most babies regain their birthweight within 10 to 14 days of birth.



From birth to 3 months, most babies gain between 675–900 grams (1½ to 2 pounds) per month. From 4 to 6 months most babies gain 450–560 grams (1 to 1¼ pounds) per month.

- Baby is content after most feedings.
- Your breasts feel softer after a feeding. They are never completely empty, because you continue to make milk while baby is feeding.
- Baby begins to stay awake for longer periods.

You don't need to measure what baby is taking in to know that she is getting enough milk. If you are concerned, you can keep track of what is coming out. This can reassure you that your baby is getting enough milk.

Here are the numbers to watch for:

Age	Wet diapers per day*	Bowel movements per day
Days 1 to 2 (colostrum)	2 or more per day.	1 or more sticky, dark green or almost black (meconium).
Days 3 to 4 (milk coming in)	3 or more per day, pale urine, diapers feel heavier.	3 or more brown/green/yellow changing in colour.
Days 5 to 6 (milk in)	5 or more per day, pale urine, heavy wet diapers.	3 or more, becoming more yellow in colour. At least 3 are the size of a dollar coin ("loonie").
Days 7 to 28	6 or more per day, pale urine, heavy wet diapers.	3 or more yellow in colour.
After day 28	5 or more per day, pale urine, heavy wet diapers.	1 or more, soft and large. Some babies may sometimes go several days without a bowel movement.

** If you are unsure diapers are wet when changing baby, place a paper towel inside the clean diaper and check for wetness next change.*

These numbers are guidelines only. Your baby can be perfectly healthy but have fewer bowel movements, for example. But you should always talk to a health care worker if your baby has a pattern different from this. **Get help right away if baby's bowel movements are not changing to yellow in colour by day three to five. If you have any concerns, contact your doctor or public health nurse immediately.**

Your need for extra rest

An important thing to keep in mind once you are at home is that you need extra rest. All new mothers need time to recover from pregnancy and childbirth. The many changes that happened to your body over the past nine months must now be reversed. You will also need to recover from the muscle strain of childbirth and perhaps even stitches. Therefore, you will need extra rest for at least the first few weeks. This is especially true if you had a difficult birth. And when you are breastfeeding, you need even more rest because your body is working to make milk. If possible, get help around the house. You can't do everything that you usually do, plus care for your new baby, care for yourself, and get breastfeeding going well. A great help is to have someone do the housework, so that you can rest and care for your baby.