

# Breastfeeding Your Baby

## GUIDELINES FOR NURSING MOTHERS

Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS		
<b>How Often Should You Breastfeed?</b> Per day, on average over 24 hours	 <p>At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.</p>								
<b>Your Baby's Tummy Size</b>	 Size of a cherry	 Size of a walnut	 Size of an apricot	 Size of an egg					
<b>Wet Diapers: How Many, How Wet</b> Per day, on average over 24 hours	 At least 1 WET	 At least 2 WET	 At least 3 WET	 At least 4 WET	 At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE				
<b>Soiled Diapers: Number and Colour of Stools</b> Per day, on average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN	 At least 3 BROWN, GREEN, OR YELLOW		 At least 3 large, soft and seedy YELLOW					
<b>Your Baby's Weight</b>	Babies lose an average of 7% of their birth weight in the first 3 days after birth. For example, a 3.2 kilogram or 7-pound baby will lose about 230 grams or 1/2 a pound.		From Day 4 onward your baby should gain 20 to 35g per day (2/3 to 1 1/3 oz) and regain his or her birth weight by 10 to 14 days.						
<b>Growth Spurts</b> *	Babies often experience a sudden burst in growth—a growth 'spurt'—at certain times within their first few weeks. During these growth spurts your baby may want to nurse more than usual. *								
<b>Other Signs</b>	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding and your baby comes off the breast looking relaxed and content.								

### Breast Milk Is All the Food Your Baby Needs for the First Six Months

The World Health Organization (WHO), UNICEF and the Canadian Paediatric Society recommend that you feed your baby *nothing but breast milk* from birth to 6 months. At 6 months, begin adding solid foods while continuing to breastfeed your baby until age two or beyond.



**If You Need Help:** Breastfeeding support is available in your community. Ask your doctor, nurse, or midwife for help. Your local public health department can also help by referring you to lactation consultants or breastfeeding clinics in your area. To find the health department nearest you, call INFO line: 1-866-532-3161. For peer breastfeeding support call La Leche League Canada Referral Service 1-800-665-4324.