

Kawartha Community Midwives

How can you be sure the baby is getting enough milk?

Count the wet and stooled (*poopy*) diapers. Most babies follow a similar pattern for the first few days.

	Minimum Wet Diapers	Minimum Number of Stools
Day 1	1	1
Day 2	2	3
Day 3	3	3
Day 4	6	3

After day 6 or so, when your milk is flowing well, the baby will have 5 or 6 diapers a day until the sixth week. After that, babies settle into their own routines.

After the first day, breastfed babies need to feed well at least 8-10 times within each 24-hour period to ensure they have enough to eat. This builds your milk supply and reduces the likelihood of painful engorgement when your mature milk comes in.

Your baby does not need anything else to drink for the first six months while she is getting your nutritionally dense and miraculous colostrum/ breastmilk.

Continued breastfeeding is recommended by the World Health Organization for at least two years in order to give your baby the best health benefits. After the first six months the feeds are less frequent and solid foods can be introduced gradually.