

Is My Baby Getting Enough?

Whenever a breastfed baby is fussy, we all wonder if the baby is getting enough to eat. Remember there can be many reasons for a baby to be unhappy. Hunger is only one reason.



How to know your baby is getting enough breast milk during the first 4 months

- Baby breastfeeds 8 — 12 times in a 24 hour period.
- Baby has about 10 — 20 minutes of active sucking and swallowing on the first breast during a feed.
- Baby is content after feedings.
- Baby has 6 — 8 wet diapers and 2 — 5 dirty diapers a day. Wet diapers may not feel heavy and urine should be very light yellow.
- Baby gains about 4 — 7 ounces per week or about 1 pound per month.

First 6 weeks	DIAPERS	
	Wet	Dirty
Day 1	1 — 2	1
Day 2	2 — 3	2
Day 3	3 — 4	At least 3
Day 4	4 — 5	At least 3
Day 5	4 — 5	At least 3
Days 6—45	At least 6	At least 3
The number of dirty diapers may decrease after 6 weeks		

Some reasons a healthy baby might want to breastfeed more

- **Growth spurt:** This time of fast growth happens around 7 - 14 days, 4 - 6 weeks, 3 months and 5 - 6 months. The baby will want to breastfeed more during these times because they are hungrier. This higher demand lasts a couple of days. Your milk supply will increase to meet your baby's need.
- **Teething:** Breastmilk is soothing to the baby's mouth.
- **Snacking:** Some babies like to have many short 'meals' lumped together. So, a baby may have 4 - 5 short breastfeeding sessions and then go for several hours without wanting to eat again. This is common in the late afternoon when your milk supply may be lower but very high in fat.

Helping your healthy baby get more breast milk

- Make sure that your baby is positioned at the breast and latched on deeply so baby is breastfeeding well.
- Use breast massage *during* breastfeeding to squeeze more milk into your baby's mouth.
- Finish the first breast first. Your baby needs to breastfeed long enough to get the higher-fat 'hindmilk' later in the feeding. Hindmilk is rich and creamy and keeps baby feeling full longer. Offer the second breast if your baby is still hungry.
- Feed *at least* every 1½ - 3 hours during the day and once during a longer stretch of 4 - 5 hours at night. If your new baby wants to sleep for longer periods you will need to awaken him for breastfeeding. To wake a sleepy baby you can:
 - ◆ Take off clothes down to the diaper.
 - ◆ Change the diaper.
 - ◆ Gently rub baby's back, stomach, hands or the soles of the feet.
 - ◆ Hand express a little breast milk onto your nipple to interest your baby in nursing.



Breastfeeding Log and Diaper Diary

*Check mark each time baby breastfeeds								**Circle W for wet diaper								***Circle D for dirty diaper							
Daily Goal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7																
8—12 feedings																							
Wet diapers	W	WW	WWW	WWWW	WWWWW	WWWWWWW	WWWWWWW																
Dirty diapers	D	DD	DDD	DDD	DDD	DDD	DDD																

Increasing your milk supply

- Empty the breast at each feeding. If your baby does not take both breasts, then use hand expression or a pump to express milk out of the second side.
- Use breast massage before, during and after feedings.
- Feed baby or empty the breast more frequently.
- Let every meal for baby be at the breast. Giving expressed milk or formula tells your body that it doesn't need to make more milk.
- If you smoke cigarettes, quit or cut back. More than a pack a day can decrease your milk supply.
- If you are taking hormone birth control (pills, shots, patches) make sure that it was started after the baby was six weeks old and does not contain estrogen.

Use bottles with caution!

Giving a bottle of expressed breast milk or formula to 'top off' a baby who still seems fussy after a breastfeeding may cause some problems:

- Your body is not being given the signal to make more milk, so your milk supply will not grow to meet the baby's needs.
- Babies move their mouths a different way when they feed from a bottle. In the first month, many babies have a hard time learning both breastfeeding and bottle feeding. Often babies will prefer bottle feeding.
- Giving formula can increase the chance that baby will get a food allergy.
- Using bottles increases the chances for baby to get sick with an infection or thrush.

Call your doctor, nurse, nutritionist or lactation consultant if your baby is:

- Sick.
- Not back to birth weight by 2 weeks of age.
- Does not have enough wet or dirty diapers.
- Seems very sleepy or is hard to wake.
- Usually does *not* feed very well at breast.



Breastfeeding Welcome Here

For more information on breastfeeding, talk with your Nutritionist or Nurse and the Lactation Consultant at the hospital where you had your baby.

COMMONWEALTH OF KENTUCKY DEPARTMENT FOR PUBLIC HEALTH
275 EAST MAIN STREET, HS2W-D, FRANKFORT, KY 40621-0001
6.4 L Rev. 07/07 PAM-ACH-061

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