

# EVERYTHING YOU NEED TO KNOW ABOUT BREASTFEEDING BASICS

## HOW DO I KNOW IF MY BABY IS GETTING ENOUGH MILK?

Look for these signs that your baby is getting milk while at the breast/chest:



When latched at the breast, does baby have active jaw movements and audible swallows?

Do your breasts feel full prior to the feed and softer after?

Does your baby seem satisfied after feeds (relaxed, falls asleep)?

Is your baby having enough wet and dirty diapers? (See chart)

But most importantly, is baby gaining weight consistently? (~1 oz./day after day 3 of life?)

## LATCH & POSITIONING

### INSTINCT

Newborns can instinctually make their way to the breast/chest when placed skin-to-skin after birth



### AIM

When helping baby to latch, aim your nipple at their nose. Keep baby's chin up (so swallowing is easy) and pull baby toward you by the shoulders.

### COMFORT

If latching is painful, see a Lactation Consultant for help.

### ALIGN

Baby's bottom lip should touch your breast first.

## SUPPLY & DEMAND



The more frequently your breasts are emptied, the more milk your body will make. Full breasts send a signal for the body to slow down milk production. Breastfeed early and often!

You are welcome to weigh your baby at the Breastfeeding Center any time! No appointment is needed!



AGE	MILK VOLUME/FEEDING	VOLUME/DAY	WETS/DAY	DIRTIES/DAY	STOOL COLOR
DAY 1	< 1 tsp	~ 1 oz	1	1	Black
DAY 2	< 1 tbsp	1-4 oz	2-3	1-2	Greenish/Black
DAY 3	0.5-1 oz	4-8 oz	3-4	3-4	Greenish/Yellow
DAY 4	1-1.5 oz	8-12 oz	4-6	4+	Yellow/Seedy
DAY 5-7	1.5-2 oz	12-18 oz	5-6+	4+	Yellow/Seedy
WEEKS 2-3	2-3 oz	15-25 oz	5-6+	4+	Yellow/Seedy
MONTHS 1-6	3-5 oz	25-35 oz	5-6+	4+	Yellow/Seedy

# Breastfeeding Basics

**Daniel F McAuley**



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