

Your Baby's Age

1 DAY

2 DAYS

3 DAYS

1 WEEK

4 DAYS

5 DAYS

6 DAYS

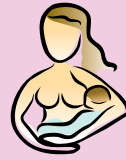
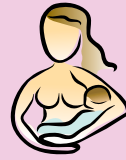
7 DAYS

2 WEEKS

3 WEEKS

How Often Should You Breastfeed?

Per day, on average over 24 hours



At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.

Your Baby's Tummy Size



Size of a cherry



Size of a walnut



Size of an apricot



Size of an egg

Wet Diapers:

How Many, How Wet

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

Soiled Diapers:

Number and Colour of Stools

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

Your Baby's Weight

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.

Growth Spurts

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.



Other Signs

Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.

Breast milk is all the food a baby needs for the first six months — At six months of age begin introducing solid foods while continuing to breastfeed until age two or older

(WHO, UNICEF, Breastfeeding Committee for Canada, Ontario Breastfeeding Committee, Registered Nurses Association of Ontario, Canadian Pediatric Society, American Academy of Pediatrics)