

# B R E A S T F E E D I N G

## IN MY FIRST WEEK

Keep me close, ideally skin to skin, so that I can ask for food when I need it. The number of times I feed and how long I feed for is not as useful as how well I feed but my tummy is tiny so I will likely need to eat frequently including overnight! Just because I'm latched doesn't mean I'm drinking, so I may need your help as we learn this new skill together. You can help me drink well by using breast compressions and switching sides to keep the milk flowing. Avoid all artificial nipples if you are able while we get breastfeeding established as they may make things more difficult for me as I learn to feed at the breast.

OUTPUT	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Pee</b> *it's possible to have pink pee in the first three days in the absence of dehydration	1+ wet clear or light yellow urine*	2+ wet clear or light yellow urine*	3+ wet clear or light yellow urine*	4+ wet clear or light yellow urine	5+ wet clear or light yellow urine	6+ heavy wet clear or light yellow urine	6+ heavy wet clear or light yellow urine
<b>Poop</b> at least one large bowel movement every 24 hours in the first week	1+ thick black poop (meconium)	1+ thick black poop (meconium)	1+ more runny poop, light brown, green, or yellow (meconium should have passed)	1+ runny poop, light brown, green, or yellow	1+ runny mustard yellow poop	1+ runny mustard yellow poop	1+ runny mustard yellow poop (stool may change colour for periods of time in the future, ie. green)

## BEHAVIOUR

I may be really sleepy after birth but would still rather be skin to skin with my caregiver. If I am being swaddled up tight I may not be able to ask for food when I need it so if I can't be skin to skin, please unwrap me after a few hours so I can tell you if I am hungry. If I am upset, root around, or bring my hands to my mouth, it may mean that I'm still hungry- you can offer me more milk and don't worry, there is no way to overfeed me by breastfeeding! My fussing may also be a sign that I need your contact and cuddles. You won't spoil me with all that attention- I am relying on you for security and comfort so I can grow and develop with trust!

## TUMMY SIZE

DAY 1  
5-7 MLS  
or more

DAY 3  
22-27 MLS  
or more

DAY 7  
45-60 MLS  
or more

## WEIGHT

I will likely lose some weight in the first few days after birth but remember my birthweight may have been inflated if IV fluids were used during my birth. Try to compare my weights on the same scale if possible. I should start to gain weight during the second half of my first week (15-30 g a day or more) with the goal of passing my birthweight by 2 weeks of age.