

## Breastfeeding and Diaper Change Tracker

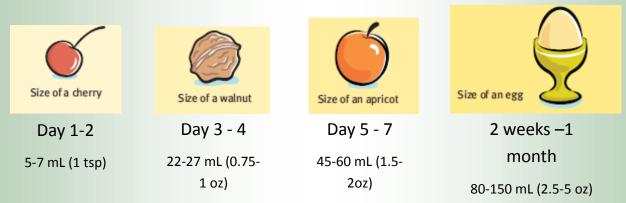
- Let your baby feed as long as they want. It is normal for babies to want to feed a lot at night.
- ♦ In the first few months, your baby should breastfeed at least 8 times in 24 hours.
- Keep your baby skin-to-skin often. It will help with breastfeeding and to learn your baby's feeding cues.
- Watch for signs of hunger (lip smacking, hand sucking, turning their head). Crying is a late sign of hunger.
- Watch for signs of fullness (relaxed arms, turns head away, comes off breast, falls asleep at the end of the feed)
- Watch and listen for strong, steady sucking and swallowing at breast.

| Date | Time | Feed ☑ | Pee ☑ | Stool 🗹 | Notes |
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## How to tell if your baby is getting enough breastmilk:

|                         | Wet diapers per day   | Stools per day  |
|-------------------------|---|---|
| First 24 hrs            | <ul> <li>Minimum 1 wet diaper</li> <li>Small amounts of urine are normal</li> <li>Small amounts of dark urine (orange or rust) is normal in first few days</li> </ul> | Meconium (black sticky stool) passed in first 24 hours of birth   |
| Day 1- 2 (24 - 48 hrs)  | Minimum 1-2 wet diaper in first 24 hours     Small amounts of dark (orange or rust) urine is normal in first few days   | <ul> <li>1-3 stools each day</li> <li>Meconium stools</li> </ul>  |
| Day 2- 3 (48- 72 hrs)   | <ul> <li>Minimum 2-3 wet diapers</li> <li>Small amounts of dark (orange or rust) urine is normal in first few days (under 72 hrs of age)</li> </ul>                   | <ul> <li>2-3 stools each day</li> <li>Transitional stools (black/green yellow stools)</li> </ul>  |
| Day 3 - 4 (72 - 96 hrs) | Minimum 3—4 heavy (large) wet diapers     Amount of urine will increase and turn light yellow   | 4+ stools each day     Yellow seedy stools  |
| Day 5- 7                | Minimum 4 –6heavy wet diapers   | 4+ stools each day     Yellow seedy stools  |
| Day 7+                  | 6+ heavy wet diapers  | 4+ stools each day     Yellow seedy stools  |
| After 4-6 weeks         | • 6+ heavy wet diapers  | Number of stools varies: Breastfed infants after 4-6     weeks may have stools less often, ensure baby is gaining     enough weight     Yellow, seedy stools; should be soft and easy to pass |

## Newborn Stomach Size:



## Where can you ask for help with breastfeeding?

If you are still in the hospital, speak to your nurse.

If you have been discharged home, call your local public health office at **780-791-6247** to speak to a Public Health Nurse or to find our about available breastfeeding support.

For health advise 24/7 call HealthLink Alberta at 811.