








































How to tell if your baby is getting enough breastmilk:

	Wet diapers per day	Stools per day
First 24 hrs	<ul style="list-style-type: none"> Minimum 1 wet diaper Small amounts of urine are normal Small amounts of dark urine (orange or rust) is normal in first few days 	<ul style="list-style-type: none"> Meconium (black sticky stool) passed in first 24 hours of birth 
Day 1- 2 (24 - 48 hrs)	<ul style="list-style-type: none"> Minimum 1-2 wet diaper in first 24 hours Small amounts of dark (orange or rust) urine is normal in first few days 	<ul style="list-style-type: none"> 1-3 stools each day Meconium stools 
Day 2- 3 (48- 72 hrs)	<ul style="list-style-type: none"> Minimum 2-3 wet diapers Small amounts of dark (orange or rust) urine is normal in first few days (under 72 hrs of age)  	<ul style="list-style-type: none"> 2-3 stools each day Transitional stools (black/green yellow stools)  
Day 3 - 4 (72 - 96 hrs)	<ul style="list-style-type: none"> Minimum 3—4 heavy (large) wet diapers Amount of urine will increase and turn light yellow   	<ul style="list-style-type: none"> 4+ stools each day Yellow seedy stools    
Day 5- 7	<ul style="list-style-type: none"> Minimum 4—6 heavy wet diapers    	<ul style="list-style-type: none"> 4+ stools each day Yellow seedy stools    
Day 7+	<ul style="list-style-type: none"> 6+ heavy wet diapers      	<ul style="list-style-type: none"> 4+ stools each day Yellow seedy stools    
After 4-6 weeks	<ul style="list-style-type: none"> 6+ heavy wet diapers      	<ul style="list-style-type: none"> 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:



Day 1-2

5-7 mL (1 tsp)



Day 3 - 4

22-27 mL (0.75-1 oz)



Day 5 - 7

45-60 mL (1.5-2oz)



2 weeks –1 month

80-150 mL (2.5-5 oz)

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 out about available breastfeeding support.

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