

## Let's talk about... How Breastfeeding Changes

Breastfeeding changes with your baby as your baby grows.

Breastfeeding can look different one day to the next, and one week to the next.

### Your baby's early days:

- First 24 hours: Baby may be active right after birth, but will become sleepier. Encourage him to practice every 2-3 hours. He may need waking. Count at least 1 pee diaper and 1 dark and sticky poop diaper.
- Day 2: Baby may be more alert, but still need some waking. Feed your baby at least 8 times in 24 hours, or more if your baby asks. Count at least 2 pee diapers and 2 greenish-poop diapers.
- Day 3: Baby may be more active, asking to feed more on his own. Feed your baby at least 8 times in 24 hours, or more if your baby asks. Count at least 3 pee diapers and 3 green-yellow poop diapers.

### Your baby's first two weeks:

- Continue feeding every 2-3 hours, or at least 8 times in 24 hours, even at night.
- Feed your baby every time he asks even if he asks more than 8 times in 24 hours.
- Count at least 6-8 pee diapers and 3+ yellow poop diapers a day.

### After your baby's first two weeks through the first 3 months:

- Feed whenever your baby asks, even at night. As your baby grows, it can be normal for your baby to stretch the time between some feeds longer than 2-3 hours.
- As your baby grows, the number of pee and poop diapers he makes can change. Ask your lactation consultant or your baby's health care provider if that is normal for your baby.

Will I feel changes to my breasts as breastfeeding changes? What's normal?

Why should I be keeping track of when my baby feeds and how many diapers I change?

Why will my baby's poop be different colors?

Do I need to keep track of how long a feeding takes?

How long should I keep track of feedings and diaper changes?

What if I'm not sure my baby is feeding enough? Who should I call, and what is the phone number?

Use the space below to write your own questions or notes: