

EVERYTHING YOU NEED TO KNOW ABOUT BREASTFEEDING BASICS

HOW DO I KNOW IF MY BABY IS GETTING ENOUGH MILK?

Look for these signs that your baby is getting milk while at the breast/chest:



When latched at the breast, does baby have active jaw movements and audible swallows?

Do your breasts feel full prior to the feed and softer after?

Does your baby seem satisfied after feeds (relaxed, falls asleep)?

Is your baby having enough wet and dirty diapers? (see chart)

But most importantly, is baby gaining weight consistently? (~1 oz/day after day 3 of life?)

LATCH & POSITIONING

INSTINCT

Newborns can instinctually make their way to the breast/chest when placed skin-to-skin after birth



AIM

When helping baby to latch, aim your nipple at their nose. Keep baby's chin up (so swallowing is easy) and pull baby toward you by the shoulders.

COMFORT

If latching is painful, see a Lactation Consultant for help.

ALIGN

Baby's bottom lip should touch your breast first.



SUPPLY & DEMAND

The more frequently you breasts are emptied, the more milk your body will make. Full breasts send a signal for the body to slow down milk production. Breastfeed early and often!

You are welcome to weigh your baby at the Breastfeeding Center any time! No appointment is needed!



AGE	MILK VOLUME/FEEDING	VOLUME/DAY	WETS/DAY	DIETIES/DAY	STOOL COLOR
DAY 1	< 1 tsp	~ 1 oz	1	1	Black
DAY 2	< 1 tbsp	1-4 oz	2-3	1-2	Greenish/Black
DAY 3	0.5-1 oz	4-8 oz	3-4	3-4	Greenish/Yellow
DAY 4	1-1.5 oz	8-12 oz	4-6	4+	Yellow/Seedy
DAYS 5-7	1.5-2 oz	12-18 oz	5-6 +	4 +	Yellow/Seedy
WEEKS 2-3	2-3 oz	15-25 oz	5-6 +	4 +	Yellow/Seedy
MONTHS 1-6	3-5 oz	25-35 oz	5-6 +	4 +	Yellow/Seedy

Breastfeeding Basics

Tao Wei



Breastfeeding Basics:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Breastfeeding Basics**

In a world inundated with screens and the cacophony of immediate communication, the profound energy and emotional resonance of verbal artistry often diminish into obscurity, eclipsed by the regular assault of noise and distractions. However, nestled within the lyrical pages of **Breastfeeding Basics**, a charming perform of fictional beauty that pulses with fresh thoughts, lies an wonderful trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that interesting opus books viewers on a mental odyssey, lightly exposing the latent possible and profound affect stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is key subjects, dissect its charming publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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