

Donna Bruschi, IBCLC

Baby's Name

Call or text 24/7 (845) 750-4402

Birthday

# Is My Baby Getting Enough?

## Breastfeeding

During the first two weeks try to feed your baby 12-16 times every 24 hours.

A "Feed" is when the baby has noticeable gulping for 2-10 minutes (it varies) on each breast. Flutter, pacifying and comfort sucking are important but do not count as a feed.

When your baby has regained birthweight, you can move towards 8-10 feeds in 24 hours, knowing that some babies will still nurse 16 times a day.

## Diapers

Poopy diapers are the best indicator that a baby is eating enough. The poop should be at least as big as this circle.

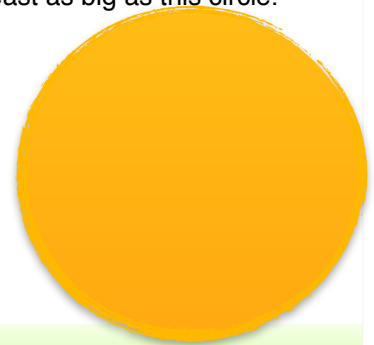
Day 1: Black sticky poop - Meconium

Day 2: Brownish sticky poop - This means colostrum is making its way through your baby.

Day 3: Brown/Green poop - Colostrum and early milk starts change the color even more.

Day 4: Green to yellow poop - You'll see this after the milk comes in.

Day 5: Mustard yellow poop means your baby is drinking milk and digesting it well.



Check one box for each Feed and each Poopy Diaper

Day	Required Feeds								Additional Feeds				Poopy Diapers				Weight
1																*	
2																	
3																*	
4																	
5																*	
6																	
7																*	
8																	
9																	
10																	
11																	
12																	
13																	
14																*	

\* Recommended weight checks

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Date

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## Making More Milk

### Breastfeeding

Feed your baby 12-16 times every 24 hours. Restrict use of pacifiers for emergencies until weight gain is predictable.

A "Feed" is when the baby has noticeable gulping for 2-10 minutes (it varies) on each breast. Flutter, pacifying and comfort sucking are important but do not count as a feed.

When your baby is gaining steadily and predictably, you can move towards 8-10 feeds in 24 hours, knowing that some babies will still nurse 16 times a day.

Supplemental feeds can be breastfeeding, breastmilk, or formula. A feed is 2 ounces or less, fed slowly.

### Diapers

Poopy diapers are the best indicator that a baby is eating enough. The poop should be at least as big as this circle.

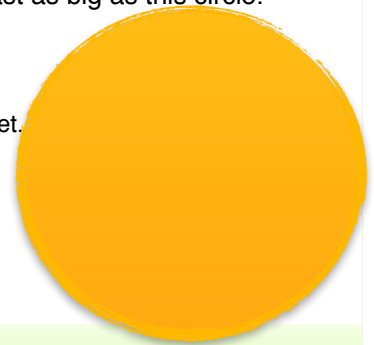


Mustard yellow poop means your baby is drinking milk and digesting it well.

Green Poop: Generally indicates oversupply, can be food sensitivity or greens in mom's diet.

Green and yellow alternating: Can indicate oversupply or irregular feeding

Brown/Green poop: Can indicate oversupply, food sensitivity, gas drops like Colic Calm



Check one box for each Feed and each Poopy Diaper

Date	Required Feeds at Breast										Supplemental Feeds				Poopy Diapers				Weight
																			*
																			*
																			*

\* Recommended weight checks
