

# Is My Baby Getting Enough?

Donna Bruschi, IBCLC

## Breastfeeding

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

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.

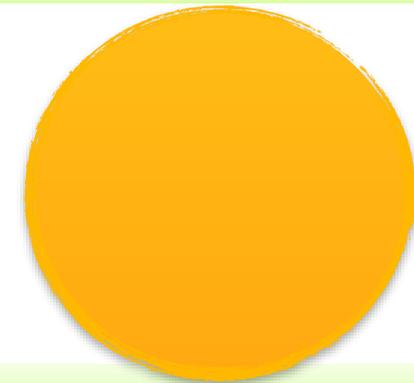
When your baby has regained birthweight, you can move towards 8-10 feeds in 24 hours, knowing that some babies will still nurse 16 times a day.

Baby's Name

Birthday

## 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 | Notes |
|-----|----------------|--|--|--|--|--|--|--|--|--|------------------|--|--|--|---------------|--|--|---|--------|-------|
| 1   |                |  |  |  |  |  |  |  |  |  |                  |  |  |  |               |  |  | * |        |       |
| 2   |                |  |  |  |  |  |  |  |  |  |                  |  |  |  |               |  |  |   |        |       |
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| 5   |                |  |  |  |  |  |  |  |  |  |                  |  |  |  |               |  |  | * |        |       |
| 6   |                |  |  |  |  |  |  |  |  |  |                  |  |  |  |               |  |  | * |        |       |
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| 8   |                |  |  |  |  |  |  |  |  |  |                  |  |  |  |               |  |  | * |        |       |
| 9   |                |  |  |  |  |  |  |  |  |  |                  |  |  |  |               |  |  | * |        |       |
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| 11  |                |  |  |  |  |  |  |  |  |  |                  |  |  |  |               |  |  | * |        |       |
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| 13  |                |  |  |  |  |  |  |  |  |  |                  |  |  |  |               |  |  | * |        |       |
| 14  |                |  |  |  |  |  |  |  |  |  |                  |  |  |  |               |  |  | * |        |       |

\* Recommended weight checks

**Donna Bruschi, IBCLC**

**Date**

**Baby's Name**

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

## 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.

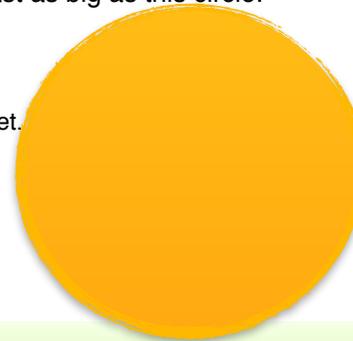
Supplemental feeds can be breastfeeding, breastmilk, or formula. A feed is 2 ounces or less, fed slowly.

### 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 |   |
|------|--------------------------|--|--|--|--|--|--|--|--|--|--------------------|--|--|--|---------------|--|--|--|--------|---|
|      |                          |  |  |  |  |  |  |  |  |  |                    |  |  |  |               |  |  |  |        | * |
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