



## Breast-feeding Guide

Your baby should be feeding up to twenty to thirty minutes on a side and every two to three hours. The first five to ten minutes of feeding will give your baby the most milk so he/she may feed less than twenty minutes. In the first two weeks your baby should be feeding at least every four hours and no longer than one five hour stretch in a 24 hour period. Most newborns will feed every two to three hours especially at night.

### Getting enough milk

A minimum of 6 wet diapers in 24 hours by the fourth day is a good indicator your baby is getting enough milk. If you are unsure about wet diapers use cotton diapers for a day or two.

Normal breast milk stools are yellow and can be very loose or seedy. Frequent seedy yellow stools may make it difficult to assess urine output. Usually if your baby is having normal stools the breast milk is adequate. If your baby is still having dark green-black meconium stools after five days of age, call us.

### Night-time feeding

In the first 2 weeks, your baby should sleep no longer than 5 hours. After two weeks, if your infant is gaining weight adequately, he/she can sleep up to eight hours at night as long as they are feeding well during the day.





## **How long do I nurse?**

Ten to twenty minutes of vigorous nursing should empty a breast. Although a sleepy baby may nurse longer, if it takes longer than an hour to nurse the infant is doing a lot of non-nutritive sucking. Short, frequent feedings are more effective than long nursing. Rubbing the back of the head or stroking the feet are a couple techniques to wake the baby. It is important to alternate breasts at each feeding. This helps to maintain adequate milk supply and emptying of both breasts.

## **My baby prefers one side**

If your baby prefers one side over the other it may be position or it may be because one side is fuller or engorged. Try to face your baby the same way as the better side. Also, you may need to pump first on the fuller side. Try to use the less preferred side first. Within a day or two your baby should feed equally.

## **Loose Stools... Is this normal?**

Stools that are loose and yellow are normal for breast fed newborns. Sometimes you will see small yellow curds or seeds as well. It is normal for newborns to stool after every feeding and some breast-fed babies will go 4 to 5 days between stools. As long as the stools are loose or seedy do not worry about frequency.

## **Can I give baby a bottle?**

Supplemental bottles are not recommended until about three weeks of age when breast-feeding is well established. Too soon may lead to nipple confusion. Waiting too long may lead to refusing the bottle. Either expressed milk or formula can be given in the bottle. Most babies will take between two and six ounces at this age.

## **How do I wean?**

Weaning should always be done gradually to prevent engorgement. Start by substituting one bottle feeding for a breast-feeding. After several days, substitute another feeding with a bottle. Follow this pattern until the number of feedings is what you want. Your milk supply will adjust to the number of breast-feedings you are doing.