

Signs That Feeding Is Going Well

EVERY BABY IS UNIQUE — THESE ARE GENERAL GUIDELINES.

How Often Should You Breastfeed?

Per day, on average over 24 hours.

At least 8 feeds per day.

Your baby is sucking strongly, slowly, steadily and swallowing often.
Follow your baby's cues.

Your Baby's Tummy Size

It grows quickly in the first days.



Size of a cherry
(day 1)



Size of a walnut
(day 3)



Size of an apricot
(1 week)



Size of an egg
(2–3 weeks)

Wet Diapers

How Many, How Wet

Per day, on average over 24 hours.



At least
1 wet
(day 1)



At least
2 wet
(day 2)



At least
3 wet
(day 3)



At least
4 wet
(day 4)



At least
6 wet
(day 5 and beyond)
Heavy wet with pale yellow or clear urine.

Soiled Diapers

Number and Colour of Stools

Per day, on average over 24 hours.



At least 1 to 2
BLACK OR DARK GREEN
(days 1–2)



At least 3
BROWN, GREEN, OR YELLOW
(days 3–4)



At least 3 large, soft and seedy
YELLOW
(day 5 and beyond)



Your Baby's Weight

Most babies lose a bit of weight in the first 3 days after birth.

From day 4 onward, most babies gain weight regularly.



Other Signs



Your baby should have a strong cry.



Move actively and wake easily.



Your breasts feel softer and less full after breastfeeding.

Rest easy, I've got tonight covered.