

Breastfeeding Factsheet

Baby's stomach is small, and breastmilk is quickly digested. To meet their needs, he must drink a small amount of milk at a time, several times a day. In the first few weeks, it is normal for feedings to be frequent and close together. This is necessary to stimulate and maintain milk production. The number of wet and dirty diapers is a good indicator to assess if baby is drinking enough milk. Milk production and feeding frequency will adapt to baby's growing needs.

Your Baby's Age	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS	2 WEEKS	3 WEEKS
Your Baby's Average Tummy Size	 Size of a cherry	 Size of a walnut		 Size of an apricot		 Size of an egg			
Number of Feedings On average over 24 hours	8 times or more per day Your baby sucks vigorously and swallows often								
Number of Wet Diapers On average over 24 hours	 At least 1 WET	 At least 2 WET	 At least 3 WET	 At least 4 WET	 At least 6 HEAVY WET WITH PALE YELLOW or CLEAR URINE				
Number of Soiled Diapers Colour of Stools On average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN	 At least 1 to 2 BLACK OR DARK GREEN	 At least 3 BROWN, GREEN OR YELLOW	 At least 3 BROWN, GREEN OR YELLOW	 At least 3 large, soft and seedy YELLOW				

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