

## What cues will my baby demonstrate to indicate hunger?

- Coming out of a deep sleep
- Thrusting tongue
- Licking lips
- Putting hands to the mouth

## How often should I expect to feed my baby?

- Birth to 24 hours of life: **at least 4-6 feedings** (1 urine & 1 stool).
- 24 hours - 48 hours of life: **at least 6-8 feedings** (2 urines & 2 stools).
- 48 hours - 3 days of life: **at least 8-12 feedings per day** (3 urines & 3 stools).

## What are the signs of a good feeding at the breast?

- Your baby's suckle should be slow and rhythmic with deep jaw movements
- For the first few days, it can be difficult to hear your baby swallow the thick colostrum, but your baby should look satisfied after a feeding.
- As your milk starts to come in (3-4 days after delivery), you should begin to hear your baby swallow regularly while breastfeeding.
- Your baby's diapers should increase. You can expect your baby to have 3 or more soiled diapers and 6 or more heavy, wet diapers **per day**. Your baby's stool should also change from a sticky, tar-like, black color to a seedy, yellow color.
- Many babies lose up to 7% of their birth weight during the first 3 days of life. As your milk comes in, your baby should start gaining weight.

## **Do I need to wake my baby for feedings?**

Most newborns have a very effective feeding at the breast immediately after delivery and then sleep for several hours. As they begin to wake up again, it is normal for a breastfed baby to eat frequently. After the first 24 hours, you can expect that your baby will need to eat at least every 2-3 hours.

- If your baby is not awake **3 hours** after the “start” of the previous feeding, wake your baby by un-swaddling them, changing the diaper, and removing some clothing if needed.
- Spend about 15 minutes attempting to latch your baby at the breast. When your baby is latched well, you should feel deep tugs at your breast and hear some swallowing. Swallowing sounds like a soft “sigh.”

## **Do I need to supplement breastfeeding with additional breast milk or formula?**

Some babies need supplemental bottle feedings with expressed breast milk and/or formula. Your baby may need supplemental feedings if they:

- Were born before 38 weeks gestation
- Weighed less than 2700 grams (6 pounds) at birth
- Have more than expected weight loss for the day of life
- Show signs of jaundice with elevated bilirubin levels
- Do not make enough wet or dirty diapers
- Are not able to latch at the breast for feedings
- Are not able to demonstrate intermittent sucking with audible swallows for at least 10-20 minutes at the breast during feedings

## What is the best method for my baby to receive their supplemental feedings?

At the time of your baby's discharge, the best method for your baby to receive their supplemental milk is:



Supplemental Nursing System at the breast



Paced bottle-feeding with a slow flow nipple



Nipple Shield at the breast

When offering your baby any supplemental feeding, use the following guidelines to determine the recommended volume:

Hours after birth	0-24 hours	25-48 hours	49-72 hours	73-96 hours
Volume	2-10 ml.	5-15 ml.	15-30 ml.	30-60 ml. (increase as needed)
Frequency	Every 2-3 hours At least 4-6 times per day	Every 2-3 hours At least 8 times per day	Every 2-3 hours At least 8 times per day	Every 2-3 hours At least 8 times per day

- The first 2 weeks postpartum are a critical time in lactation.** 72-96 hours (about 3-4 days) after delivery, hormonal changes stimulate the breasts to produce larger amounts of milk. At this time, milk production continues to increase if milk is removed from your breasts frequently. If your baby is having breastfeeding difficulties and is not able to empty your breasts with feedings at least every 2-3 hours it may prevent your breasts from producing sufficient amounts of milk. For this reason it is vital that you use

your breast pump for **15-20 minutes every 2-3 hours** in order to establish and maintain enough breast milk to feed your baby.

- If your baby is not feeding well at the breast and you are mostly emptying your breasts by using a breast pump, you should expect to express the following milk volumes:

Day 0-2	about 30 ml. (1 oz.) <b>per day</b> <i>(2-10 ml. -or- 1-2 teaspoons per feeding)</i>
Day 3-7	350 ml. (11.5 oz) or more <b>per day</b> <i>(30-45ml. -or- 1-2 ounces per feeding)</i>
Day 7-14	500 - 1000 ml. (16.5 - 33 oz.) or more <b>per day</b> <i>(50-150ml. -or- 2-4 ounces per feeding)</i>

- Document your baby’s feedings and your expressed milk volumes in a feeding diary (we have attached one for your convenience) or a phone app if desired (there are several available).
- See your baby’s primary care provider 1-2 days after discharge for continued supplementation advice.

**Appointment Reminders:**

- Follow-up with your pediatrician on: \_\_\_\_\_ @ \_\_\_\_\_
- Follow up at Briarwood Lactation Clinic on: \_\_\_\_\_ @ \_\_\_\_\_
  - Please bring your baby hungry and ready to eat, along with your breast pump.
  - If you have questions about your appointment or need to cancel, please contact the Briarwood Lactation Clinic at (734) 232-2600

- The Lactation Help line is available for general breastfeeding questions. Please call (844) 200-8894 and leave a message. A lactation consultant will return your call within 24 hours.

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## Feeding Diary

Date	Time	Feeding time at breast	Supplement Amount	Breast Pumping Amount	Wet Diaper	Dirty Diaper