


























## APPENDIX 2. Breastfeeding During the First Two Weeks — Guidelines for Parents and Consultants

Your Baby's Age	1 WEEK		2 WEEKS		3 WEEKS		
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS
<b>How Often Should You Breastfeed?</b> Per day, on average over 24 hours							
	At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.						
<b>Your Baby's Tummy Size</b>							
	Size of a cherry	Size of a walnut		Size of an apricot			Size of an egg
<b>Wet Diapers: How Many, How Wet</b> Per day, 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						
<b>Soiled Diapers: Number and Colour of Stools</b> Per day, on average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN	 At least 3 BROWN, GREEN, OR YELLOW	 At least 4	 At least 6 At least 3 large, soft and seedy YELLOW			
	Babies lose an average of 7% of their birth weight in the first 3 days after birth. For example, a 3.2 kilogram or 7-pound baby will lose about 230 grams or 1/2 a pound.						
<b>Your Baby's Weight</b>	From Day 4 onward your baby should gain 20 to 35g per day (1/2 to 1 1/2 oz) and regain his or her birth weight by 10 to 14 days.						
<b>Growth Spurts</b> *	Babies often experience a sudden burst in growth—a growth 'spurt'—at certain times within their first few weeks. During these growth spurts your baby may want to nurse more than usual.						
<b>Other Signs</b>	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.						
<b>Breast milk is all the food a baby needs for the first six months — At six months of age begin introducing solid foods while continuing to breastfeed until age two or older</b> (WHO, UNICEF, Breastfeeding Committee for Canada, Ontario Breastfeeding Committee, Registered Nurses Association of Ontario, Canadian Pediatric Society, American Academy of Pediatrics)							