

HOW DO I KNOW MY BABY IS GETTING ENOUGH?



What goes in... must come out!

You don't need to weigh your baby all the time as there are some easy ways to know that they are getting enough milk from you.

Weight loss

It is normal for most babies to lose weight in the first 3 days as they drink small volumes of colostrum. Average weight loss in the first 3 days is 5 to 7% of their birth weight. Weight loss of 8-10% or more means a clinical check of baby and mum is needed to help with feeding over the next days.

Weight gain

Once milk volumes increase babies start gaining weight. By day 14 most babies are back to their birth weight. If they are not seek some extra breastfeeding support. In the first few months, babies gain around 150g+ (5.5+ oz) p/week.

Remember

When weighing your baby take into account if they just recently pooped, have clothes on or not, or just had a big cluster feed or a long break. A one off weight loss or "poor" gain always needs to be looked at as a bigger clinical picture.

Wet and dirty nappies - Birth to 6 weeks



If you are not seeing changes in the poo by day 3 this is a reason to contact your health care provider to check baby's feeding and weight.

Week 6 and beyond

From week six, breastfed babies have fewer, but larger, poos! You'll quickly learn your baby's pattern. Poos continue to look the same (yellow, watery and seedy) until you start introducing solid foods.

Settling

Unsettled behaviour & cluster feeding periods are normal. Apart from during cluster feeding baby should be pulling off the breast by themselves after a feed and sleeping. If your baby is feeding 'constantly' and never seems satisfied, it's worth seeking extra lactation support to see if this is their normal or if a with a few bits of help things can settle more.