ARE THEY GETTING ENOUGH?

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.
-

DAY 1

- 1-2 wee
- 1+ Poop

meconium black like tar and sticky!

DAY 2

- 1-2 wee
- 1+ Poop

meconium less sticky - more brown

DAY 3

- 3 wee
- 2 Poop

Changing - greenish to browny yellow

DAY 4

- 4 heavy wee
- 3 + Poop

Yellow, watery and seedy - breast milk poo

DAY 5 TO 6 WEEKS

- 5 heavy wee
- 3 + Poop

Yellow, watery and seedy - breast milk poo