

Lactation Center How To Tell

If Baby Is Getting Enough Milk*

Day 1

- Baby nurses 6 or more times with a wide mouth
- Baby nurses with a strong suck and a few soft swallows
- Baby stays skin to skin for first feeding and most of day one
- Baby nurses a few minutes or more each time
- Baby wets 1 or more diapers



Day 2

- Baby wakes for more feedings, watch for feeding cues!
- Baby nurses 8 or more times with strong sucking and soft swallows
- Newborns may feed VERY frequently before the mature milk comes in, even hourly for the first few nights. This is normal infant behavior. Keep nursing!
- Baby nurses several minutes or more each time.
- Baby wets at least 2 diapers, passes 1-2 black, tarry stools



Day 3-4

- Baby continues to nurse 8-12 times/day with strong sucking and loud swallows
- Mom's breasts feel more heavy and full with milk
- Baby softens at least 1 breast per feeding
- Baby wets 4-6 diapers, passes 3-4 dark green, softer stools



Day 5-7

- Baby continues to nurse 8-12 times/day with strong sucking and loud swallows
- Baby wets 6-8 diapers, passes 4 or more yellow, runny stools



Note: Applies to term, healthy babies. If your baby is premature or sick, talk to a Lactation Consultant or health care provider.

When To Call

Call the Okla. Breastfeeding Hotline, **877-271-MILK**, doctor or clinic:

- If you don't hear your baby swallowing at breast
- If your baby is passing black, tarry stools on day 5
- If you think something is wrong

After Mom and Baby Go Home



Sleepy Baby

If your baby is too sleepy to breastfeed:

- **Make sure baby nurses at least 8 times in 24 hours. Listen for swallows.**
- Put baby skin to skin with mom or dad. Take off all baby's clothes except the diaper. Use a light blanket if needed.
- Wake baby for feedings: gently rub baby's back, hands, feet, or head; move baby's arm in and out, nurse skin to skin.
- Count baby's diapers. Call your health care provider or The Oklahoma Breastfeeding Hotline if starting on Day 5 baby does not have 3-4 (or more) yellow, runny stools each day.

Full, Hard Breasts (Engorgement)

- Breast fullness occurs about Day 3-5.
- Avoid engorgement by nursing often (every 1 ½ - 3 hours) and not giving formula
- If breasts become full, apply ice packs between feedings for 12-24 hours. Take ibuprofen as needed for pain and swelling.
- Breasts will soften after feeding
- Breast fullness should be mostly gone after 48 hours
- If baby cannot latch on to the full breast, pump or hand express for a few minutes and try again.
- Call your health care provider or the OK Breastfeeding Hotline if baby can't nurse or breast pain is not better.

Baby's Skin and/or Eyes Look Yellow (Jaundice)



- Call your health care provider and tell them your baby looks jaundiced.
- Nurse your baby often, every 1 ½ - 2 hours.
- Jaundice makes babies sleepy. If baby is too sleepy to nurse, do what's listed under "Sleepy Baby".
- **If baby does not wake up to eat, pump or hand express your milk and feed your baby by cup, dropper or spoon.**

Tender, Hard or Red Area in Breast

- **Nurse more often on side with tender, hard or red area.**
- Massage hard spot during feeding.
- Apply heating pad/warm towels before feeding.
- If fever over 101 and/or you feel achy all over:
 - Call your health care provider or the Oklahoma Breastfeeding Hotline.
 - Keep nursing!
 - Rest and drink more fluids.

Contact the Oklahoma Breastfeeding Hotline: **877-271-MILK (6455)**