



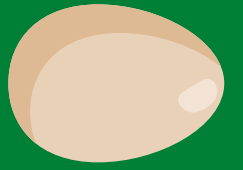




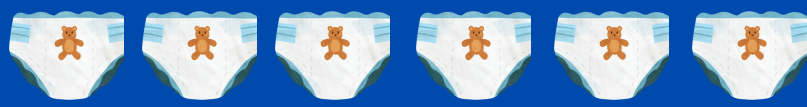





SIGNS BREASTFEEDING IS GOING WELL

YOUR BABY'S AGE:	1 WEEK							2 WEEKS	3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS		
<p>How often should you breastfeed? Per day, on average over 24 hours.</p>	 <p>At least 8 feeds per day. Baby swallows often, has good deep latch, and nursing is not painful.</p>								
<p>Your baby's tummy size</p>	 <p>Size of a Cherry</p>	 <p>Size of a Walnut</p>	 <p>Size of a Apricot</p>	 <p>Size of an egg</p>					
<p>Wet diapers: how many, how wet. Per day, on average over 24 hours</p>	 <p>At least 1 WET</p>	 <p>At least 2 WET</p>	 <p>At least 3 WET</p>	 <p>At least 4 WET</p>	 <p>At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE</p>				
<p>Soiled diapers: number and color of stools Per day, on average over 24 hours</p>	 <p>At least 1 to 2 BLACK OR DARK GREEN</p>	 <p>At least 3 BROWN, GREEN, OR YELLOW</p>	 <p>At least 3 large, soft, and seedy YELLOW</p>						
<p>Your baby's weight</p>	<p>Most babies lose a bit of weight in the first 3 days after birth.</p>			<p>From day 4 onward, most babies gain weight regularly</p>					
<p>Other Signs</p>	<p>Baby should wake for feedings and is content after feedings. Your breasts are less full after breastfeeding.</p>								

Breast milk is all the food a baby needs for the first six months.

You can get advice, help, and support from:

- Cara Cacy, Myrtue's Lactation Consultant, at 712.755.4482 or ccacy@myrtuemedical.org
- Scan the QR code to see Myrtue's breastfeeding webpage:

