

Realistic Expectations

It is important to keep realistic expectations while breastfeeding. This chart will show you what to expect in terms of feed volume and stool color during different points in your child's infancy. Remember there may be variations of these amounts. If you have concerns, please call our office to discuss.

Age	Stomach size	Feed volume	Stool color
Day 1	 Cherry	0-10 ml What mom sees: drops	Dark/ Mucousy
Day 2-5	 Walnut	10-30 ml What mom sees: 1 teaspoon- tablespoon	Dark/ Mucousy
1 week	 Apricot	40-60 ml What mom sees: 1.5-2 oz	Day 3-4: lighter brown stools changing to more yellow and seedy
1 month	 Egg	80-120 ml What mom sees: 2.5-4 oz	Yellow and seedy

Signs breastfeeding is going well:

Your baby is...

- ✓ breastfeeding at least 8 times per day.
- ✓ having at least 4 wet diapers daily by day 4 of life.
- ✓ having stools that are transitioning from green to yellow.
- ✓ gulping or swallowing while feedings.
- ✓ gaining weight.
- ✓ not causing nipple pain after latching.

When should I call the pediatrician?

Your baby is...

- having red stains in the diaper after day 3 of life.
- having black tarry bowel movements after day 4 of life.
- not been breastfeeding at least 8 times per day.
- causing nipple pain during feeding, after the baby is first latched on.

Here are some helpful resources!

The American Academy of Pediatrics:
www.AAP.org/breastfeedings

Kelly Mom:
www.kellymom.com

Stanford Medicine:
www.med.stanford.edu/newborns/professional-education/breastfeeding

La Leche League:
www.llusa.org



Guide to Breastfeeding



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Benefits of breastfeeding

- Breast milk (BM) is your baby's first vaccine.
- BM contains proteins and antibodies that interact with bacteria and viruses to help prevent common illnesses such as ear infections, diarrhea, vomiting, and pneumonia.
- BM helps establish a healthy gut flora in your baby, which is important to prevent infections and allergies.
- The composition of breast milk changes as your baby grows to provide optimal nutrition, fluid and calories.
- BM is easier to digest and there is no additional cost.
- Long term, BM decreases rates of eczema, asthma, and obesity.
- Breastfeeding supports maternal and infant bonding, decreasing postpartum depression.
- Mothers who breastfeed return to their pre-pregnancy weight quicker and decrease their risk of developing type 2 diabetes, osteoporosis, high blood pressure, heart attack, stroke, and breast and ovarian cancer.

What to expect when breastfeeding

Remember that breastfeeding is new to both mom and baby. Try not to be hard on yourself. Every relationship between mother and baby is different. After a few weeks you will find a routine that works for your family.

Colostrum vs. "Milk coming in"

- Colostrum is a yellow, thick and high calorie breast milk that contains all the nutrients that your newborn needs. Your baby only needs about a teaspoon of colostrum on the first day of life.
- Remember that your milk changes every day to adjust to your baby's needs. Do not worry about the visible changes in your milk.
- Around day 2-5 of your baby's life you will start to feel your milk coming in. Your breasts will begin to become fuller and more tender. During this time, you may take hot showers, use heating pads, and massage your breast to alleviate the discomfort.
- As your breasts become more comfortable with the milk production process, you will feel less engorgement and tenderness.

Vitamins

- Breastfeeding babies require 400 IU of vitamin D supplementation once daily to help their bones develop healthy and strong.

Feeding cues are your baby's way of telling you that they are ready to eat.

- Early cues: mouth opening, sucking, bringing their hand to their mouth, turning their head, stretching, sticking their tongue out.
- Late cues: include crying and agitation. If the baby is showing late feeding cues, it helps to calm them prior to nursing.

Length of feed

- On average, babies can nurse as often as every 2-3 hours for about 15 minutes on each breast.
- As the baby grows and becomes more efficient in removing the milk, their feeds may become shorter.

Cluster feeding

Babies breastfeed often during the first few days of life because their stomach size is small and because they are going through growth spurts. This constant demand for breast milk also helps establish your milk supply.

Growth spurts

Your baby is constantly growing and developing. During growth spurts some babies will become more irritable and will begin to nurse more frequently.

- You can expect growth spurts during the first few days home, week 1, week 2-3, week 4-6, 3 months, 4 months, 6 months and 7-9 months.

Who cannot breastfeed?

The **only** contraindications to breastfeeding are:

- Infants with galactosemia
- Mothers, in the US, who are infected with HIV

When to supplement?

Your provider might decide that your baby needs supplementation with either pumped BM or formula if your baby is having difficulty gaining weight or has high bilirubin numbers.



We are with you every step of the way >>>

The providers at Watchung Pediatrics are available to speak with you about breastfeeding. We have lactation certified providers and nurses available for consultations as well. Don't hesitate to call one of our offices to schedule a consult with one of them. The goal is to make sure your baby is growing and gaining weight well. If you feel overwhelmed or stressed about breastfeeding and want to discuss alternative feeding options, please call the office to talk to your pediatrician.