

Breastfeeding Milestones

	Day 1	Day 2	Day 3	Days 4-5
Baby's Stomach Size	 Tiny! About the size of a cherry.	 About the size of a walnut.	 Growing! About the size of a walnut.	 About the size of an apricot.
Number of Feedings	Try for 8 (it's ok if it's only 2-3)	8-12	8-12	8-12
Number of Wet Diapers	One 	Two  	Three+   	Six+      
Number of Dirty Diapers	One 	Two  	Three+   	Six+      
Color of Stool	Black and sticky! (It's called meconium)	Black/brown	Brown/green	Yellow, loose, and seedy
Goals	+ Skin-to-skin + Comfortable latch	+ Learning different positions + Comfortable latch + Keeping baby active at breast	+ Gaining comfort/ confidence	+ Breast comfort + Baby beginning to gain weight