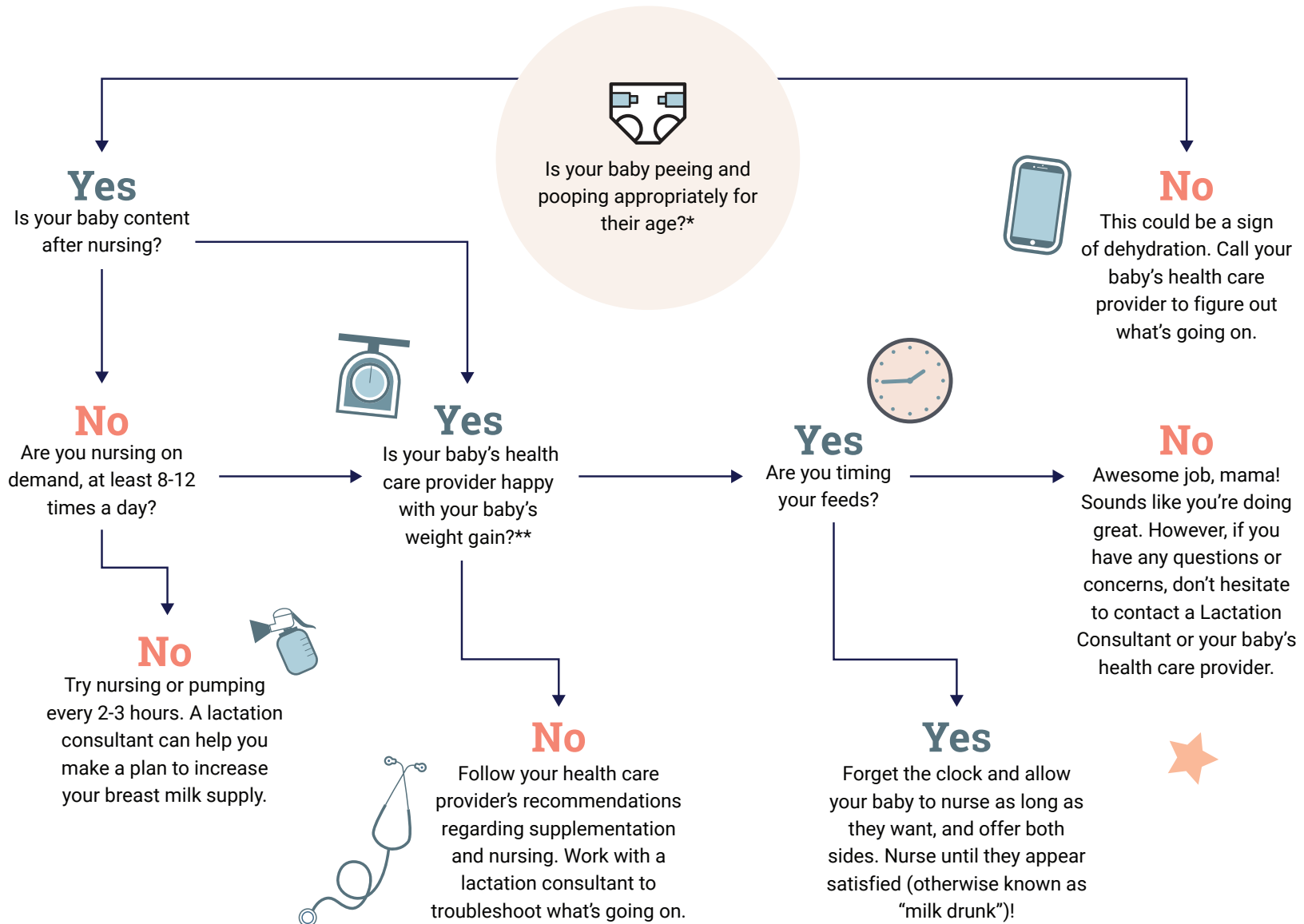
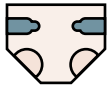


# Is Your Newborn Baby Getting Enough Breast Milk?



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\*In the first few days, baby's diaper output should equal their days of life. What should you be looking for?

- + One wet and one dirty diaper on day one
- + Two wet and two dirty diapers on day two
- + Three wet and three dirty diapers on day 3
- + 6+ wet and multiple dirty by day 4-5 when colostrum transitions to breast milk



\*\*Newborn babies that are exclusively breastfed lose weight in the first few days of life. This is normal and expected. The goal is to keep weight loss under 10% of birth weight. After mom's milk "comes in" babies usually gain about a half ounce to an ounce or more a day. Baby should be back to birth weight by their 2 week check up.