

## Neonatal Department- Adan Hospital

### Baby Friendly Initiative Hospital

#### Does my baby get enough breast milk?

A common question among new BF moms: **Watch the following:**

1. ❁ Your baby seems relaxed & satisfied after feeds.
2. ❁ You will notice your breasts feel softer after nursing.
3. ❁ Your baby continues to gain weight after he gains back the initial weight loss after birth.
4. ❁ In the first few days after birth, the milk is called colostrum, its thick & valuable. Your baby may have only one or two wet diapers a day.
5. ❁ After the milk comes in (by the 4<sup>th</sup> Day), your baby will wet six to eight diapers a day.
6. ❁ In the first month, your baby has at least three stools a day, & they lighten to a yellowy mustard color by the fourth day after birth.

❁ Is my baby getting enough breast milk?-

❁ Warning signs that a baby is not getting enough breast milk?

1. The baby is wetting fewer than 6 diapers in a 24-hour period after the 4 days following birth.
2. After the 5 days, the baby has small, dark stools.
3. If baby's urine is very dark.
4. The baby is fussy or lethargic much of the time. He may fall asleep as soon as you put him to the breast but then fuss when u take him off
5. Feedings consistently take longer than an hour & ur baby just doesn't seem satisfied.
6. Your breasts don't feel softer after nursing.
7. You rarely hear your baby swallow while nursing. (Some babies are very quiet feeders, so if all other signs are positive, don't worry about this one!)
8. The baby continues to lose weight. If the baby doesn't start regaining the birth weight after 5 days, or if at any time after that he starts losing rather than gaining weight, CONSULT a doctor.
9. If you're concerned PLEASE don't hesitate to consult your doctor or the lactation consultant.

Typically, you'll feed your baby while the lactation consultant observes you & gives you valuable tips for breastfeeding success.

**Lactation Consultant Hotline: 96624408**

**Instagram: @adannicu**