



Breastfeeding: What to Expect

Day 1

- * Try to feed **every 1-3 hours** BUT may only eat every 4-5 hours the first day (that's okay!)
- * Try to feed **7-10 times a day** BUT may only eat 3-4 times the first day (that's okay!)
- * Your baby's stomach is **small!**, only **1/2 to 1 tsp** big! Feedings are tiny; you may not even notice anything!
- * **Colostrum** is all most babies need
- * **Express** your colostrum every 2-3 hours if your baby does not nurse; you can feed it to your baby with spoon or syringe (but you don't have to do it every time)
- * **Expect** at least **1** poop and **1** wet diaper

Other helpful things:

- * Feed during first 1-2 hours of life if possible
- * Do skin to skin often while you are awake
- * Watch the baby, not the clock!
- * Your baby is supposed to lose weight today
- * If your baby seems to need supplements, use a syringe, spoon, or cup, not a bottle

Day 3

- * Try to feed **every 1-3 hours, 7-10 times a day**
- * Your baby's stomach is **small but getting bigger!**, only **3-6 tsp (1/2 to 1 ounce)** big!
- * Your milk may start coming in today.
- * Express or pump your colostrum/milk if the baby is not nursing frequently
- * **Expect** at least **3-4** poops and **3-4** wet diapers
- * Watch the baby, not the clock!
- * Your baby may lose weight today or stay about the same
- * Your baby may cry or be fussy; it may not be hungry. Watch for feeding cues (rooting, mouth open, sucking on fist)
- * If your baby seems hungry and not satisfied with nursing, you may supplement with expressed colostrum or formula; use a syringe, spoon, or cup, not a bottle.
- * See a lactation consultant if you need help!

Day 2

- * Try to feed **every 1-3 hours**
- * Try to feed **7-10 times a day**
- * Your baby's stomach is **still small!**, only **1-3 tsp** big! Feedings are tiny; you may not even notice anything!
- * **Colostrum** is all most babies need
- * **Express** your colostrum every 2-3 hours if your baby does not nurse; you can feed it to your baby with spoon or syringe (but you don't have to do it every time)
- * **Expect** at least **1-2** poops and **1-3** wet diapers
- * Your baby may cry or be fussy; it may not be hungry. Watch for feeding cues (rooting, mouth open, sucking on fist)
- * If your baby seems hungry and not satisfied with nursing, you may supplement with expressed colostrum or formula; use a syringe, spoon, or cup, not a bottle
- * Your baby should lose weight today.
- * If you are having problems, make an appointment with a lactation consultant. Help is available!

Day 4

- * Try to feed **every 1-3 hours, 7-10 times a day**
- * Your baby's stomach is **getting bigger!**, about **1-2 ounces (30-60 mL, 6-12 tsp)**
- * **Your milk** should start coming in today.
- * Express or pump your colostrum/milk if the baby is not nursing frequently
- * **Expect** at least **4** poops and **4-5** wet diapers. Poops should be changing from black & sticky to soft & yellow.
- * Your baby may **gain** weight today (yay!) or stay about the same
- * Your baby may cry or be fussy; it may not be hungry. Watch for feeding cues (rooting, mouth open, sucking on fist)
- * If your baby seems hungry and not satisfied with nursing, you may supplement with expressed milk or formula; use a syringe, spoon, or cup, not a bottle.
- * See a lactation consultant if you need help!

All first-time breastfeeding moms and those at high risk should see a lactation consultant 1-3 days after discharge. Call us if you need help! 770.389.4543 | EaglesLandingBreastfeeding.com © Covenant Care Pediatrics

Day	1	2	3	4	5+
Feeding pattern over 24 hours	3-8 feedings every 1-5 hours	4-10 feedings	7-10 feedings	7-10 feedings	7-10 feedings
Amt made per feed	2-10 mL (½to 2 tsp)	5-15 mL (1-3 tsp/ ½ oz)	15-30 mL (½ to 1 oz)	30-60 mL (1-2 oz)	1-3 ounces
Milk type	colostrum	colostrum-transition milk		transition-mature milk	
Stomach size	 Cherry/marble		 Walnut/ping pong ball		 Apricot/egg
Wet diapers	at least 1	at least 2	at least 3	4-5 or more	5-6 or more
Poop	1, black & sticky	2, black & sticky	3, black, green, or dark yellow	4, green to yellow	4-5 or more, yellow
Weight	Lose weight, up to about 10% of birth weight			start gaining weight	

How to tell if it is going well

- Your breasts are fuller and firmer before feeding and softer after
- Your baby sucks in bursts then pauses to swallow
- Latch is not painful and nipples are not cracked, bleeding, or painful
- 4 wet diapers by day 4 and yellow poops by day 4-5
- Baby is content between feedings
- Baby is feeding 7-10x a day after the first few days

Warning signs

See your baby's doctor or lactation consultant if:

- Not having 4 stools by day 4 or still having black stools
- Eyes or skin getting more yellow (see doctor)
- Not eating at least 7-8 times per 24 hours
- Does not have swallowing you can hear
- Is too sleepy to feed or is fussy and won't latch on
- You have nipple pain the whole time you are nursing
- Your breasts are not heavier or fuller by day 4
- Your breasts are not softer after nursing or are painful

Where to get help

- **Eagles Landing Breastfeeding Center** Medical breastfeeding and lactation practice treating both mothers and babies. Visits are covered by insurance plans. 770-389-4543. www.eagleslandingbreastfeeding.com
- **Piedmont Henry Lactation Department** Outpatient follow-up visits with a lactation consultant are available if your baby was born at Piedmont Henry. 678-604-4896
- **WIC Breastfeeding Counselors** The District 4 Public Health WIC Office has breastfeeding counselors in each of the 14 offices in 12 counties. Assistance with all aspects of breastfeeding including pumping is available for families with WIC. 706-298-6080
- **ZipMilk.org** Search for statewide lactation help



We have board-certified lactation consultants and treat both mom and baby. Since we are a medical breastfeeding practice it is covered by most insurance plans.

770.389.4543

EaglesLandingBreastfeeding.com

