

Is My Baby Getting Enough Milk?

Parents often worry their breastfed baby isn't getting enough milk because they can't see how much milk their baby drinks. Here are some ways to know your baby is getting what she needs.

How Often to Feed

- Newborn babies need to breastfeed at least 8 times every 24 hours.
- Most newborns will breastfeed 10-12 times a day the first 2-3 weeks.
- Feedings may not be regular in newborn babies. Some may be close together. Some may be farther apart.
- If your baby is not waking up on his own to feed, wake him at least every 3 hours.
- Once he is back to his birth weight and gaining weight well, he may be able to sleep longer.

How Long to Feed

- Most newborn babies will breastfeed from 10-30 minutes per feeding.
- Some babies will breastfeed from a single breast, some from both breasts each feeding.
- A mom with more milk and a baby who feeds well may have shorter feedings and be able to feed from just one breast per feeding.
- A mom with less milk or a baby who doesn't feed as well may have longer feedings and need to feed from both breasts per feeding.
- Babies need to suck frequently to get milk from the breast.
- It is natural for newborns to take breaks during feedings.
- If your baby seems to fall asleep quickly, you can massage your breast to keep baby sucking.
- You can also try massaging baby's back, hands or feet to keep him awake.
- If your baby falls asleep after the first breast, try burping, changing a diaper or holding your baby upright on your chest.

Other ways to tell your baby is getting what he needs

- Your breasts should feel softer after feeding.
- Your baby should seem satisfied after feeding.
- Your baby should not lose more than 10% of her birth weight.
- Your baby should be back to his birth weight by 2 weeks of age.

<p>Wet Diapers</p> <p>1 wet diaper on day one 2 wet diapers on day two 3 wet diapers on day three 4 wet diapers on day four 5 wet diapers on day five 6 wet diapers on day six and from then on. Look for light yellow to clear urine.</p>	<p>Dirty Diapers</p> <p>Day 1 Meconium (dark & tarry) Day 2 Brownish Day 3 Brownish yellow Day 4 Dark yellow, soft Day 5 Yellow, seedy Some newborns stool after every feeding. Most newborns will stool at least 2-3 times a day for the first month.</p>
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If you have questions about your baby getting enough milk, please contact the Breastfeeding and Pumping Helpline at 816-346-1309.