

Guide to Breastfeeding

Scan for help feeding your baby!



HOW OFTEN DOES A BABY FEED AND FOR HOW LONG?

Newborns should be feeding a minimum of 8 times in 24 hours, with a typical range of 8-12+ feedings in 24 hours; off the breast every 2-3 hours with no more than one 4-hour stretch at night until we have confirmed positive weight gain and efficient feeding.

"WATCH YOUR BABY, NOT THE CLOCK"

It is important to listen to your baby and follow hunger cues, especially in the early weeks when you are establishing your milk supply. Newborns can be very sleepy in the early weeks and may not cue as often, so make sure to awaken your baby to assure adequate intake. You can't nurse too much, but you can nurse too little.

Feeding lengths can vary, but commonly, a newborn may eat for 20-40 minutes per feeding and may eat from one or both breasts.

BE PATIENT! YOU AND YOUR BABY HAVE TO LEARN TO BREASTFEED!

In the early days, breastfeeding can feel like a lot of work, but you and your baby are learning to do this together. Monitor your baby's feedings, diapers, and weight gain, and in a few weeks, things will be a lot easier.

Grace & Able
LACTATION

What infant feeding actually looks like. Amounts and frequency vary through a 24-hour period for an average of 8-12 feedings



This is what cluster feeding looks like- short closely spaced feeds for a period of a few hours

WHEN SHOULD I WORRY?

Please seek professional help if:

- your baby is not meeting the number of feedings, weight gain, or wet diapers.
- you are dealing with painful breastfeeding or damaged nipples
- your baby is difficult to wake or keep awake for feedings.
- you are not sure what is normal versus concerning.

It is never a bad idea to seek breastfeeding support! Even if it is just for reassurance that everything is going well!

PAIN AND DAMAGE ARE NOT NORMAL

Typical nipple soreness or tenderness called "transient soreness", can be common in the initial days as you and your baby learn how to breastfeed together. It is typically felt with shallow latching and doesn't last longer than 30 seconds into the feeding and there is no resulting nipple damage or pain between feedings.

If you are experiencing pain and/or nipple damage with breastfeeding, that is completely different and you need professional support ASAP to assess what is happening to prevent further damage, make sure your baby has the skills to eat properly, and protect your milk supply.

Is my baby getting enough?

size of a newborn stomach



DAY 1
cherry
5-7 ml
1-1.5 tsp.



DAY 3
walnut
22-27 ml
.75-1 oz.



DAY 7
apricot
45-60 ml
1.5-2 oz.



DAY 30
egg
80-150 ml.
2.5-5 oz.



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BREASTFEEDING
ISN'T
JUST
ABOUT
MILK.



Feeding & Diaper Goals

| Baby's age | Feeding Frequency | Wet | Stools | Stool color/consistency |
|------------|---------------------------------|--------------------|--------------------|--------------------------------|
| 1 day | On demand, 8-12 times/24 hours. | At least 1 | At least 1-2 | Soft; black or dark green. |
| 2 days | On demand, 8-12 times/24 hours. | At least 2 | At least 1-2 | Soft; black or dark green. |
| 3 days | On demand, 8-12 times/24 hours. | At least 3 | At least 3 | Soft; brown, green, or yellow. |
| 4 days | On demand, 8-12 times/24 hours. | At least 4 | At least 3 | Soft; brown, green or yellow. |
| 5 days | On demand, 8-12 times/24 hours. | At Least 5 | At least 3 | Soft; large, seedy and yellow. |
| 6+ days | On demand, 8-12 times/24 hours. | At least 6 or more | At least 3 or more | Soft; large, seedy and yellow. |

- Do you hear audible milk transfer/swallowing?
- Do you feel your breasts get softer with feeding?
- Are wet/dirty diapers within goal?
- Is baby nursing 8-12 times a day?
- Is baby gaining weight?