

IS BABY GETTING ENOUGH MILK?

Many moms worry about whether their nursing newborn is getting enough milk. Here are some sure signs and false alarms. Knowing about normal feeding patterns can help you relax and enjoy your baby.

Sure Signs You Have Enough Milk

Healthy weight gain

As long as baby is gaining enough weight, you know for sure you have enough milk. Until 3 months, babies should gain at least 1 oz. per day or 7 oz. per week.



Yellow poops by day 4 or 5

First poops are black, then green, then yellow.

After day 5, baby has at least 3 to 4 yellow stools per day at least as large as a quarter. Fewer poops with good weight gain is not a problem.



How Nursing Newborns Feed



At least 8 feeds / 24 hours

This is vital to getting enough milk. But more is fine too. Follow baby's lead.



Baby feeds more at night

At first, most babies have day and night mixed up and sleep more during the day. Within a few weeks, this will change.



"Cluster feed"

Most babies bunch feeds together during part of the day. After 6 weeks or so, feeds space out more.



False Alarms

- **Baby wants to nurse again soon after feeding**

This is common in the early weeks. Just nurse again.

- **Baby gets fussy, especially in the evening**

Many babies do. It's not about the milk.

- **Baby wakes often at night to feed**

It's normal during the early months.

- **Mom doesn't leak milk**

Many never leak, despite a healthy milk supply.

- **Mom can't express much milk**

Expressing is a learned skill that improves with practice.

- **Mom's breasts no longer feel as full**

This happens to everyone after the early weeks.

