

BREASTFEEDING IN THE FIRST WEEK

THIS IS A GENERAL GUIDE FOR WELL BABIES, 38 WEEKS AND OLDER. PLEASE DISCUSS WITH YOUR MIDWIFE AS EVERY MOTHER AND BABY ARE DIFFERENT.

| | FIRST 24 HOURS | 24-48 HOURS (DAY 2) | 48-72 HOURS (DAY 3) | OVER 72 HOURS (DAY 4) | DAY 4-6 | DAY 7 |
|--|---|---|--|--|---|--|
| BREASTS | Soft | Soft | Becoming fuller and firmer. Veins on breasts may be more obvious | Full and firm. | Full, soften with feeds | Full, soften with feeds |
| MILK | Colostrum - small amounts, very nourishing Thick clear yellow/ orange colour. About ½ - 1 teaspoon per feed. | Colostrum - about 1-2 teaspoons per feed | Milk coming in, whiter colour | More milk | Whiter in colour | Lots available |
| BABY | Skin to skin from birth. First breastfeed in the first 2 hours. After the first feed, baby may sleep for 4-6 hours or be awake and feed often | Baby usually more active and awake. Often unsettled especially during the night. More settled when cuddled / held skin to skin. | Many babies continue to wake and feed often, especially at night. Others sleep for longer periods between feeds | Many babies continue to wake and feed often. May suck and swallow for 2-3 minutes then pause for up to 30 seconds and restart suck then swallow pattern | Babies feed more often at night with more sleep time during the day | Feeding on demand allows your body to make as much milk as your baby needs. |
| BREASTFEEDS | Baby led: At least 3 - 4 feeds or may be many more Offer both breasts and lots of skin to skin time Baby swallows after some sucks | Baby led: 8 - 12 feeds Feed more often to make more milk May feed often for 1-3 hours then have a break of 2-3 hours Lots of skin to skin time needed | Baby led: 8 - 12 feeds May hear sucking and swallowing Can see swallowing. Feed again if baby is unsettled Lots of skin to skin time needed | Baby led: 8 - 12 feeds Average number of feeds is 11 in 24 hours | Baby led: 8 -12 feeds Should see or hear swallows. Feed from 1 st side until comfortable then offer the 2 nd side following baby's feeding cues | Baby led: 8 - 12 feeds Follow your baby's feeding cues. Cluster feeds in the afternoon and evening are common |
| EXPRESSING IF BABY NOT ACTIVELY BREASTFEEDING | Hand express if baby is not sucking | Hand express if baby is not sucking | Hand express if baby is not sucking | Hand express to initiate flow. Then may use electric breast pump if needing to express | Hand express to initiate flow. Then may use electric breast pump if needing to express | Hand express to initiate flow. Then may use electric breast pump if needing to express |
| URINE / WET | At least 1 wet nappy | At least 2 wet nappies | At least 2-3 wet nappies. A pink / orange stain in the nappy is common | At least 3-4 pale wet nappies Nappies feeling heavier | At least 4-6 pale wet nappies, Nappies feeling heavier | At least 6 pale wet nappies |
| STOOLS / POO | At least one poo: thick, sticky black / green stool | At least 2 poos: black / green, less sticky | At least 3: softer, green / brown colour | Softer or runny, brown / yellow colour | Frequent (may be with each feed). Runny or pasty yellow with little lumps | Frequent/at least 2 per day Runny or pasty yellow with little lumps |