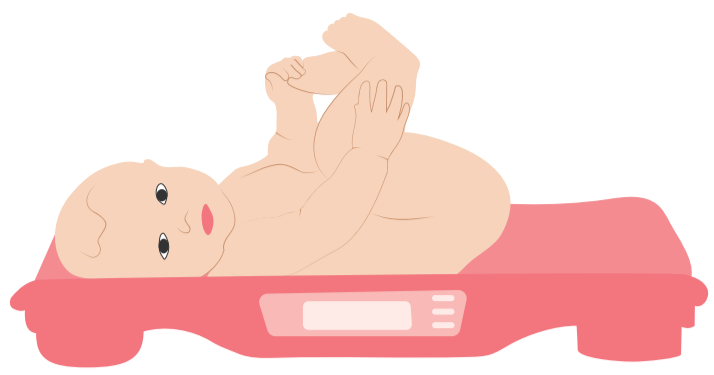


A Nursing Mom's Guide for the First 3 Weeks



BABIES LOSE AN AVERAGE OF **7% of their birth weight** in the first three days after birth.

Day 1

8-12+
FEEDINGS
PER DAY

STOMACH IS
THE SIZE OF A
Cherry

AT LEAST
**1 Wet
Diaper**

AT LEAST
**1-2 Poopy
Diapers**
BLACK OR DARK
GREEN

YOUR MILK: **Colostrum** (thick; yellow or clear)

Day 2

8-12+
FEEDINGS
PER DAY

STOMACH IS
THE SIZE OF A
Cherry

AT LEAST
**2 Wet
Diapers**

AT LEAST
**1-2 Poopy
Diapers**
BLACK OR DARK
GREEN

YOUR MILK: **Colostrum** (thick; yellow or clear)

Day 3

8-12+
FEEDINGS
PER DAY

STOMACH IS
THE SIZE OF A
Walnut

AT LEAST
**3 Wet
Diapers**

AT LEAST
**3 Poopy
Diapers**
BROWN, GREEN,
OR YELLOW

YOUR MILK: **Colostrum** (thick; yellow or clear)

FROM DAY 4 ONWARD, YOUR BABY SHOULD gain **2/3 to 1 1/3 oz per day (20 to 35g)**.

Day 4

8-12+
FEEDINGS
PER DAY

STOMACH IS
THE SIZE OF A
Walnut

AT LEAST
**4 Wet
Diapers**

AT LEAST
**3 Poopy
Diapers**
BROWN, GREEN,
OR YELLOW

YOUR MILK: **Transitional Milk** (white or yellow tint)

Day 5

8-12+
FEEDINGS
PER DAY

STOMACH IS
THE SIZE OF A
Apricot

AT LEAST
**6 Heavy
Wet Diapers**

AT LEAST
**3 Poopy
Diapers**
LARGE, SOFT &
SEEDY YELLOW

YOUR MILK: **Transitional Milk** (white or yellow tint)

Day 6

8-12+
FEEDINGS
PER DAY

STOMACH IS
THE SIZE OF A
Apricot

AT LEAST
**6 Heavy
Wet Diapers**

AT LEAST
**3 Poopy
Diapers**
LARGE, SOFT &
SEEDY YELLOW

YOUR MILK: **Transitional Milk** (white or yellow tint)

Day 7

8-12+
FEEDINGS
PER DAY

STOMACH IS
THE SIZE OF AN
Egg

AT LEAST
**6 Heavy
Wet Diapers**

AT LEAST
**3 Poopy
Diapers**
LARGE, SOFT &
SEEDY YELLOW

YOUR MILK: **Transitional Milk** (white or yellow tint)

Baby should regain his or her birth weight by Day 14.

Weeks 2-3

8-12+
FEEDINGS
PER DAY

STOMACH IS
THE SIZE OF AN
Egg

AT LEAST
**6 Heavy
Wet Diapers**

AT LEAST
**3 Poopy
Diapers**
LARGE, SOFT &
SEEDY YELLOW

YOUR MILK: **Mature Milk** - Day 10+

ADDITIONAL SIGNS BREASTFEEDING IS GOING WELL

Your breasts should feel softer and less full after nursing.

Baby should be more active and alert during a portion of his or her wake time.

