What to expect Normal nappies:

You can tell if your baby is getting enough breastmilk





0 to 24 hours



Babies will have about colostrum at each feed 1/2 teaspoon or so of

You can expect to see:

Sticky green-black poo.

1+ wet nappy

24 to 48 hours



Babies will have about colostrum each feed. I teaspoon or so of

Breastmilk supply is

increasing.

You can expect to see:

Soft green-black poo.

You can expect to see:

2+ wet nappies.

72 to 96 hours

48 to 72 hours



Poos become a lighter mustard-yellow which can be seedy or watery green-brown or may have changed to

f 3 or less poos, seek professional skilled in help from a health breastfeeding.

green-brown colour and are less sticky. Poos change to a

4+ wet nappies.

3+ wet nappies.

5+ wet nappies.

96 + hours Day 5



Red-orange wet nappy

Watery

Sood



urate crystals) on the nappy in the first few orange stains (from You may see red or

> continues to increase to meet baby's needs.

Breastmilk supply

days. This is normal. After day 3 this may be a sign that baby

Mostly mustard-yellow,

You can expect:

soft or liquid poo 3 or more times every

24 hours.

Seek help from a health needs more breastmilk professional skilled in breastfeeding. Please note: Pictures are a guide only. There is a wide range in normal patterns

of wees and poos in newborns.

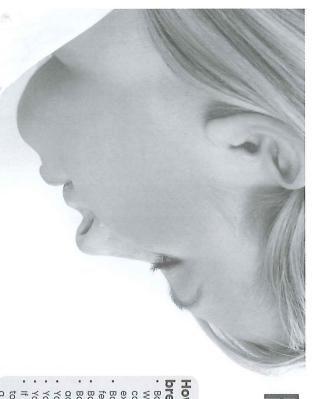
nay mean that you have green, frothy or explosive at every feed that are normal. Watery poos Watery poo can be too much milk

oreastfeeding counsellor or lactation consultant Talk to an ABA

- Day 6+ you can expect to see:

 At least 5 heavy wet single-use (or at least 6 wet cloth) nappies in 24 hours. To learn what a 'heavy wet' nappy feels like you can pour 60ml of water into a clean/ new nappy, it's also about the same additional weight as a large egg
 - Clear or pale yellow wees that hardly smel
- At least 3 poos in 24 hours until around 6 weeks of age.
 - Older babies may have fewer, bigger poos.
- Poo smells OK and sweet when baby is only fed breastmilk.
- · Giving other drinks or foods to baby will change the look and smell of their poos.

www.breastfeeding.asn.au



Frequently Asked Questions

breastmilk? How will I know that my baby is getting enough

- can pour 60ml of water into a clean/ new nappy, it's also about the same Baby has at least 5 heavy wet single-use (or 6 wet cloth) nappies in 24 hours Wee is clear or pale yellow. To learn what a 'heavy wet' nappy feels like you
- extra weight as a large egg.

 Baby has at least 3 poos in 24 hours. Babies older than 6 weeks may have
- Baby's arms and hands relax when feeding.
- Baby is alert, acts hungry at times, is fussy at certain times of the day and acts satisfied after reeds.
- Your breasts become softer and lighter as you feed
- You hear your baby swallowing when feeding.
- Your baby gains weight and grows in length & head circumference. If your milk supply is low there are things that can be done to increase it. Talk to an Australian Breastfeeding Association (ABA) breastfeeding counsellor or a lactation consultant.

How often do babies need to breastfeed?

- It is common for babies to breastfeed 8 to 14 times in 24 hours, and sometimes more
- Some sleepy babies may need to be woken for feeds until they are more alert
- Night feeds are important for making milk. Some babies need them for longer than others.
- easier to breastfeed a baby who is a little hungry than one who is very hungry. Babies will show you they are hungry before crying. They may stick their tongue in/out, turn their head side to side with their mouth open, or put their hands to their mouth. It is

What things can help breastfeeding go well?

- Breastfeeding soon after birth. Skin-to-skin contact between you and your baby
- Good positioning and attachment of the baby at the breast.
- Feeding your baby when they show signs of wanting to be fed
- Letting your baby suckle until they are full and let go of the breast
- Asking for skilled help early on if things aren't going well
- Avoiding bottle teats and dummies whenever possible.

What can I try if my baby is unsettled/crying?

- baby, walking outside, riding in the car, using a baby carrier. Many babies are soothed by the sounds and smells of their Babies cry for many reasons. They may cry to tell us they are rocking baby—perhaps in a pram, playing music or singing to across knee, bathing baby or bathing with baby, massaging, Feeding, changing nappy, holding baby upright, lying baby hungry, tired, lonely, need a nappy change, or are in pain
- Breastfeeding helps babies relax and many babies will go to sleep while feeding

mothers' bodies.

References for this document are available upon request from info@breastfeeding.asn.au

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breastfeeding? What do I need to know about

- The more milk that is drained from your breasts the
- Learning to breastfeed takes time. Early problems can be overcome with support and information including formula, will lower your milk supply. more milk you will make. Giving baby other drinks,
- Being around other mums who breastfeed can see the ABA website. provide quality support and connection. For details, local group sessions or casual online events can help you to learn. Attending one of ABA's in-person
- Most medications can be safely taken whilst breastfeeding. See the Breastfeeding and prescription medications article on the ABA website
- All mothers get tired regardless of how their baby It is not usually necessary to wean if you get sick.
- 6 months and still meets about half their needs breastmilk is all your baby needs for the first According to the World Health Organization for 2 years or more. There are health risks with by 12 months. It is normal for bables to breastfeed
- early weaning.

 It is possible to start breastfeeding again (relactate) after you have weaned

Should breastfeeding hurt?

- tender at the start of a feed. In the early days, it is common for nipples to feel
- Breastfeeding should not be painful, and pain may be a sign that baby is not attached well at the
- Seek help if you have nipple damage, pain that continues through the whole feed or between feeds, or severe pain
- seeking help until you can breastfeed in comfort. It is important to get help early on and keep
- Call 1800 686 268 24/7 for support from an ABA breastfeeding counsellor, or seek help from a midwife or lactation consultant.
- In time, most mums find they enjoy breastfeeding.



Breastfeeding Helpline 1800 mum 2 mum 1800 686 268

The National Breastfeeding Helpline is supported by funding from the Australian Government.