



## **How Do I Know My Baby's Getting Enough!**

- ✓ Uterine cramping during, or directly after feedings in the first few days of life.
- ✓ Baby is meeting (or exceeding) the goals as per your feeding log (minimum of 2 stools on day two, three on day three, four on day four and beyond).
- ✓ Between days 3 and 5 postpartum, your breasts should feel fuller. After this fullness occurs, at least one breast should feel softer after a feeding.
- ✓ After day 5 your baby should have at least 3 or 4 stools each day. They should be the color of bright yellow mustard.
- ✓ After day 5 your baby should have about 5-6 wet diapers per day.
- ✓ Your baby should seem satisfied after feedings.
- ✓ Your weight check at the Breastfeeding Resource Center shows an increase in your baby's weight!

**Early weight checks can build your confidence when breastfeeding for the first time. The Breastfeeding Resource Center offers \$5 weight checks. The baby's weight and a brief breastfeeding history will be faxed to you baby's doctor!**

**Breastfeeding Resource Center ♦ 117 N. Easton Rd. ♦ Glenside, PA 19038  
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