

IS YOUR BABY GETTING ENOUGH HUMAN MILK?



Some parents aren't sure how to tell if their baby is getting enough human milk.

Tracking your baby's weight and growth is the best way to ensure your baby is getting enough human milk. If your baby is gaining weight and growing, they are most likely getting enough human milk.

In the first few weeks, your baby will have several checkups with their health care provider to keep track of their growth and weight gain.



Remember, it is normal for your baby to lose a small amount of weight in the first days of life. If your baby seems calm and happy after feedings, and is gaining weight, you're doing great!

SIGNS YOUR BABY IS GETTING ENOUGH HUMAN MILK

Your baby is probably getting enough human milk if:

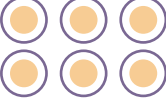
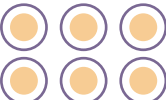
- Baby is alert and active when awake.
- You can see or hear baby swallowing during a feeding.
- Baby appears satisfied after feedings, with relaxed feet and hands.
- Baby has clear or pale yellow pee.
- Baby has several poopy and wet diapers each day.



Talk with your baby's health care provider if you are concerned your baby is not getting enough human milk or gaining enough weight.

DIAPER GUIDE OF A BABY FED HUMAN MILK

*Only count poops which are larger than a quarter.

BABY'S AGE	MINIMUM # OF WET DIAPERS IN 24 HOURS	COLOR	MINIMUM # OF POOPY DIAPERS IN 24 HOURS*	TEXTURE & COLOR OF POOP
1 Day		Pale Yellow		Sticky Tarry Black
2 Days		Pale Yellow		Tarry Green/Black Changing
3 Days		Pale Yellow		Looser Greenish to Yellow
4 Days		Pale Yellow		Soft/Liquid Seedy Yellow
5+ Days		Pale Yellow		Loose Seedy Yellow
6 Weeks		Pale Yellow		Soft Seedy Yellow

The poop of a baby fed human milk will look different than a formula fed baby or an adult's. It is normal for a baby to strain before and during pooping.

Remember, this is a new skill for your baby – they only started pooping after they were born.

- The poop of a baby fed human milk is usually soft or runny, bright yellow or gold, and may have small white chunks.
- Diarrhea will look like a large watery circle on the diaper with little fibrous content.
- Constipation is rare in a baby fed human milk. If constipation occurs, their poop will be hard and pellet-like.



Contact your WIC clinic, lactation consultant, or your health care provider if you have concerns about your baby's poopy or wet diapers.

SIZE AND VOLUME OF A NEWBORN'S STOMACH

FIRST 24 HOURS

Size of a **cherry**
0.04-2 teaspoons



1-2 DAYS OLD

Size of a **walnut**
0.2-0.5 ounces



2-3 DAYS OLD

Size of an **apricot**
0.5-1 ounces



3-4 DAYS OLD

Size of a **large egg**
1-2 ounces



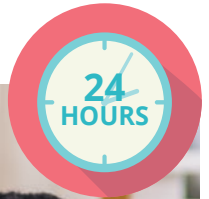
1-6 MONTHS OLD

Size of a **small apple**
3-5 ounces



HOW MUCH DO BABIES EAT?

A newborn's tummy is very small – this is why they eat 8-12 times in 24 hours. By feeding on demand, this allows your body to respond to your baby's changing needs to create more or less milk.



As your baby grows, the composition of your milk will change to meet your baby's needs. If your baby needs more fat or protein, your body will respond to make the perfect food. Your body will also produce as much human milk as your baby needs.



PRODUCING ENOUGH MILK FOR BABY

Your body is amazing! Your milk, baby, and body will go through many changes during the first few weeks after delivery. Your baby is growing quickly and your milk will change as your baby's needs change.

The more often you remove milk from your breasts or chest, the more milk your body will make.

TYPES OF MILK

Colostrum or “First Milk” – Birth to 5 Days Old



Milk – Thick, yellow colored milk you may or may not be able to see when feeding your baby. This milk has lots of nutrients and antibodies to protect your baby.

Baby – Newborns will need to eat every 2-3 hours. Your baby is learning how to feed. They will learn how to suck, breathe, and swallow in a pattern.

Parents – Your breasts or chest may feel full and leak colostrum. The flow of colostrum is slow so your baby can learn how to swallow and feed.

Transitional Milk – 5 to 14 Days Old



Milk – Yellow and creamy looking, thinner than colostrum. Contains all the nutrients your baby needs during this stage of development.

Baby – Your baby will need to be fed often, 8-12 times in 24 hours. Their sucking pace will be long and slow as they continue to learn how to feed.

Parents – Your breasts or chest will become fuller, warmer, and may begin to leak milk. Your body is unsure how much milk to make for your baby, so you may produce more milk than is needed. Be sure to remove your milk often by putting your baby to your breast or chest or use a pump to keep up your milk supply.

Mature Milk – 2 Weeks and Beyond



Milk – Thinner, more watery, similar consistency to fluid milk. May be white, light yellow, or blue-tinted.

Baby – Your baby may have a growth spurt when your mature milk comes in. They may want to feed more often, sometimes every hour. This is called “cluster feeding” and is normal.

Parents – Your breasts or chest may appear softer and smaller than before, however, the size will likely still be larger than before your pregnancy.

If you experience a reduction in supply or continued issues feeding your baby, reach out to your health care provider, lactation consultant, or WIC staff for help.

INCREASING YOUR MILK SUPPLY

Feeding your baby from the breast or chest can be challenging, and sometimes parents may need help to increase their milk supply to meet their baby's needs. Listed below are some common issues which may affect your milk supply.

WHAT CAN CAUSE LOW MILK SUPPLY?

Parents

- Not feeding on demand or scheduling feedings
- Supplementing with stored human milk or formula
- Some types of birth control medication
- Drinking alcohol, smoking, or taking some medications
- Stress

Baby

- Poor latch while feeding
- Baby is tongue or lip tied
- Sleeping too much
- Not feeding often enough

HOW TO INCREASE YOUR MILK SUPPLY



- Feed your baby at the breast or chest or remove milk with a pump 8-12 times every 24 hours to protect your milk supply.
- Offer your baby both breasts or sides of your chest at a feeding as needed.
- Express milk with a pump or by hand between feedings or after your baby is done eating. Store expressed milk in the freezer for later use.
- If you replace a feeding with formula or expressed human milk, pump both breasts or sides of your chest to replace the missed feeding. Store expressed milk in the freezer for later use.
- Take care of yourself. Get enough rest, drink plenty of water, and eat healthy foods.

As long as your baby is happy, healthy, and growing you should not be worried about your milk supply. Talk with your baby's health care provider, WIC staff, or your lactation consultant if you have questions or concerns about your baby's milk intake or health.

RESOURCES

WIC Breastfeeding Support

Information on maintaining your milk supply and common breastfeeding or chestfeeding challenges and concerns.

<https://wicbreastfeeding.fns.usda.gov/>

Office on Women's Health

General breastfeeding or chestfeeding information, including low milk supply.

<https://www.womenshealth.gov/breastfeeding>

QUESTIONS?

If you have any questions about whether your baby is getting enough human milk, contact:



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(1-800-8-638-942)
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RECURSOS

Apoyo para la lactancia materna del WIC

Información sobre cómo mantener tu producción de leche y las dificultades e inquietudes comunes de la lactancia materna o de dar el pecho.

<https://wicbreastfeeding.fns.usda.gov/>

Oficina para la Salud de la Mujer

Información general sobre la lactancia materna o de pecho, incluida la producción baja de leche.

<https://www.womenshealth.gov/breastfeeding>

¿TIENES PREGUNTAS?

Si tienes alguna pregunta sobre si tu bebé está tomando suficiente leche humana, comunícate con:
