



SimpliFed

Signs of a Good Feed

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It is very normal to be questioning if your baby is getting enough. You have jumped right into being responsible for this tiny human — you want to make sure all of their needs are being met! While it is normal to have concerns — take a deep breath and believe in your body and ability to care for your baby. Quantifying the amount your baby is getting during a nursing session can be hard. How exactly do you measure a “boobful”? Instead, we want to look for a few different measurements instead.



- Amount
- Diapers
- Weight
- Demeanor

Amount

Your baby should be having at least 8 feedings per day—no matter what they are being fed. For breastfed babies, this can be 10-12 times per day! There is no need to try to quantify the amount they are eating when it is at the breast — it’s difficult to measure a “boobful”. Instead, we can watch the amount of diapers they have, their weight, and just by ensuring that they are eating at least 8x/ day. No matter how your baby is fed, you always want to follow their hunger cues.

Diapers

When your baby is first born, diapers are slow to start. For the first day of life, we only expect your baby to have 1 wet and 1 dirty diaper per day. The dirty diapers will even out around day 3, remaining at a 3 dirty diaper count per day minimum. Wet diapers will increase by one until day 6 where that remains the minimum of wet diapers.

Their first few dirty diapers may be a shock! The consistency is sticky and almost tar like and the color is a dark blackish/green color. This is meconium. This meconium has been in the process of being created while your baby’s intestines were developing in utero. We expect this meconium to pass by about day 2-3 (if sooner- that is great!). While the meconium is passing, you may notice that it changes from that dark color to more green. It will continue to lighten and change to either a mustard yellow color if breast fed or a brown color if receiving formula. If your baby is getting a mixture of the two — expect a mix of colors! Also, these don’t have to be full diapers! If it measures the size of a quarter it counts!

After the first week, we expect the baby to keep up with the diaper production. They should have a minimum of 6 wet diapers from here on out! This shows that they are getting the hydration they need! As for dirty diapers, this can vary. After month 1, your baby should be having at least 1 dirty diaper per day.

● Day 1	● Day 2	● Day 3
1 wet, 1 dirty	2 wet, 2 dirty	3 wet, 3 dirty
● Day 4	● Day 5	● Day 6
4 wet, 3 dirty	5 wet, 3 dirty	6 wet, 3 dirty

Weight Gain

Along with diapers, your care team will also pay close attention to your baby's weight and growth. It's actually very normal that babies will lose weight in the first few days of life. A few thoughts on this — if you received fluids during labor and delivery — it increases your amniotic fluid amount! The amniotic fluid is what your baby is hanging out in while in utero. They practice breathing, sucking, and swallowing this fluid. More amniotic fluid being available would increase their intake as well! Meaning that the weight loss is normal and expected.

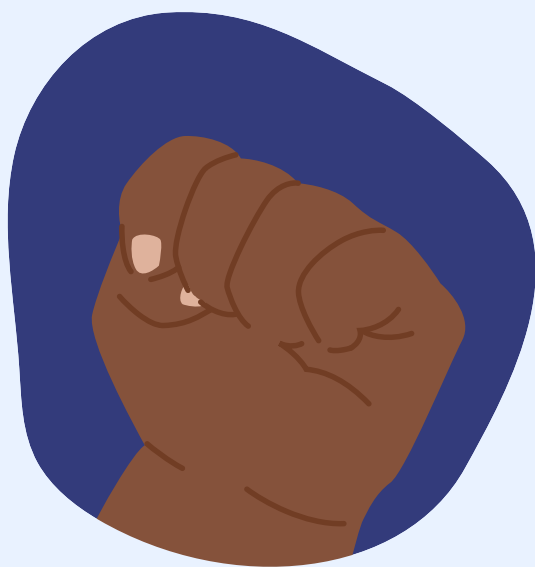
If weight loss does exceed 7% of their birth weight, then you and your care team — (which includes us!) will help to create a feeding plan and assess how feeding is going. Even with this weight loss, your baby should be back to birth weight by 2 weeks old!

As your baby gets older, they should be continuing to grow — gaining weight, growing in length, and head circumference! During this time, growth charts are used to figure what percentiles your child is in for height and weight. They are not a “grade” on how your baby is growing! Many times we hear, “your baby is in the _st/th percentile”, this means your baby is bigger than that amount of other babies their age! These percentiles are used to ensure that your baby is staying on a growth curve.

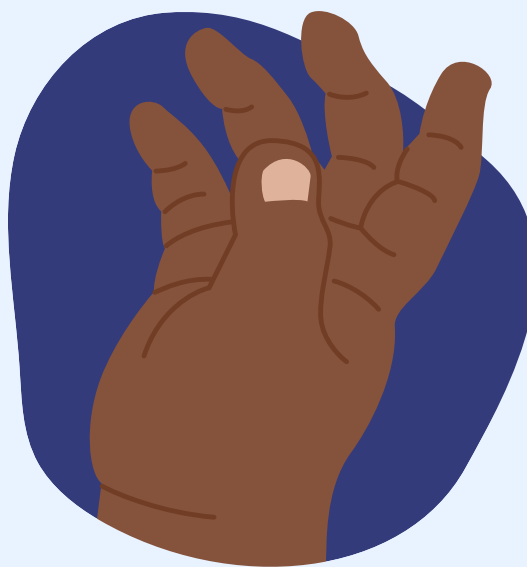
Demeanor

A sign of a good feeding would be a relaxed body — including their hands! You may notice after your baby has finished eating, their hands will be nice and relaxed. Versus at the beginning of the feed they tend to be more clenched!

While your baby is unable to speak and articulate exactly what they need, we can read their body language to learn! Your baby's main way to communicate to you is by crying — but that can mean so many different things. Watching for cues like their hunger, fullness, or even sleepy cues help us to meet their needs. Crying does not always mean that they are hungry! It may mean that they are tired, hot, cold, etc. Instead we want to look at the larger picture that encompasses all the points above plus baby's demeanor.



Hungry Baby



Full Baby