

## BREASTFEEDING IN THE FIRST WEEK

THIS IS A GENERAL GUIDE. PLEASE DISCUSS IN FURTHER DETAIL WITH YOUR MIDWIFE AS EVERY MOTHER AND BABY ARE DIFFERENT.

	FIRST 24 HOURS	DAY 2 (24-48 HOURS)	DAY 3 (48-72 HOURS)	DAY 4 (OVER 72 HOURS)	DAY 4-6	DAY 7
<b>BREASTS</b>	Soft	Soft	Becoming fuller and firmer. Veins may appear more prominent	Full and firm. May leak between feeds	Full, soften with feeds Leaking is common	Full, soften with feeds Leaking is common
<b>MILK</b>	Colostrum - small volume, highly nutritious. Thick clear yellow/ orange colour. About ½ teaspoon per feed.	Colostrum- about 1 teaspoon per feed	Increasing in volume, whiter colour	Increasing volume, whiter colour. Thinner / more watery consistency	Thinner and whiter in colour	Thin, white. Flows freely during the feed.
<b>BABY</b>	First feed occurs within the hour after birth when baby is alert. After the first feed baby may sleep for a long time or be wakeful and feed often	Baby usually more alert and wakeful. Can be unsettled especially during the night. More settled when cuddled / held.	Some continue to be wakeful and feed frequently, especially at night. Others sleep for longer periods between feeds	Some continue to be wakeful and feed frequently. Others sleep for longer periods between feeds	Frequent night feeds are common and more sleep time during the day	Regulates the milk volume and number of feeds required
<b>BREASTFEEDS</b>	At least 2 - may be many more. Offer both breasts	Feeds more often to stimulate an increase in milk supply	At least 6-8, maybe more. May hear suck / swallow. Offer 2 <sup>nd</sup> breast in response to baby's feeding cues	At least 6-8, maybe as many as 10-12	At least 6-8. Should hear / see swallows. Feed from 1 <sup>st</sup> side until comfortable then offer the 2 <sup>nd</sup> side in response to baby's feeding cues	Varies, average 6-10. Offer 2 <sup>nd</sup> breast in response to baby's feeding cues. "Cluster" feeds in the afternoon / evening are common
<b>URINE</b>	At least 1 wet nappy	At least 2 wet nappies	At least 2-3 wet nappies. Urates - a pinky / orange stain in the nappy - is common	At least 3-4 pale or colourless wet nappies	At least 4-6 pale or colourless wet nappies	At least 6 pale or colourless wet nappies
<b>STOOLS</b>	At least one meconium nappy - thick, sticky black / green stool	At least 2 meconium nappies	At least 3 - softer, green / brown colour	Softer or runny, brown / yellow colour	Frequent. Runny or pasty yellow with little lumps (curds)	Frequent. Runny or pasty yellow with little lumps (curds)

DEVELOPED BY: ROYAL HOSPITAL FOR WOMEN POSTNATAL SERVICES MARCH 2012

ACKNOWLEDGEMENT: NSCCAHS BOOKLET "BREASTFEEDING: INFORMATION FOR PARENTS AND THEIR FAMILIES"

TRANSLATIONS FUNDED BY THE SOUTH EASTERN SYDNEY LOCAL HEALTH DISTRICT MULTICULTURAL HEALTH SERVICE CULTURAL DIVERSITY HEALTH ENHANCEMENT GRANTS PROGRAM

