













Fact Sheet For Nursing Mothers

Your Baby's Age	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS	2 WEEKS	3 WEEKS	
Your Baby's Average Tummy Size	 Size of a cherry		 Size of a walnut		 Size of an apricot			 Size of an egg		
Number of Feedings On average over 24 hours	8 times or more per day Your baby sucks vigorously and swallows often.									
Number of Wet Diapers On average over 24 hours	 At least 1 WET	 At least 2 WET	 At least 3 WET	 At least 4 WET	 At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE					
Number of Soiled Diapers Colour of Stools On average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN		 At least 3 BROWN, GREEN OR YELLOW		 At least 3 large, soft and seedy YELLOW					
After a Feeding	Your breasts feel softer and your baby seems satisfied.									
Your Baby's Weight	On average, babies lose 7% of their birth weight in the first 3 days after birth.			On the 4 th day, babies begin to gain 20 to 35 g per day ($\frac{2}{3}$ to $1\frac{1}{3}$ oz), returning to their birth weight by 10 to 14 days.						
Growth Spurts	Babies often experience a sudden burst in growth - a growth 'spurt' - at certain times within their first few weeks. During these growth spurts your baby may want to nurse more than usual.									

IF YOU NEED HELP

Breastfeeding support is available in your community. Ask your doctor, nurse, or midwife for assistance.

Info-Santé 8-1-1, your **Centre Intégré de Santé et de Services Sociaux** or your **Centre Intégré Universitaire de Santé et de Services Sociaux** can help.

They can also refer you to community resources, lactation consultants or breastfeeding clinics depending on your needs and the resources available in your area.



Breast Milk Is All a Baby Needs for the First Six Months.

At six months, your baby is ready to eat solid foods while continuing to be breastfed until age 2 or beyond.

(WHO, UNICEF, Canadian Paediatric Society)

Adapted with permission from the Best Start Resource Centre.

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