













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	Most babies lose a little weight in the first three days after birth.			From the 4 th day on, most babies gain weight regularly.					
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.								



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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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.