























Breastfeeding Factsheet

Baby’s stomach is small, and breastmilk is quickly digested. To meet their needs, he must drink a small amount of milk at a time, several times a day. In the first few weeks, it is normal for feedings to be frequent and close together. This is necessary to stimulate and maintain milk production. The number of wet and dirty diapers is a good indicator to assess if baby is drinking enough milk. Milk production and feeding frequency will adapt to baby’s growing needs.

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)

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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.