

Breastfeeding - the early days

Baby		Breasts	Breastfeeds	Milk	Urine	Stools
First 24-48 hours after birth	The first feed occurs soon after birth while the baby is alert.	Soft	At least 2 – may be many more. Offer both breasts.	Colostrum – small volume, highly nutritious. Thick clear yellow/orange in colour.	At least 1-2 wet nappies	Meconium – thick, sticky black/green stool.
48-72 hours old	After the first breastfeed, the baby may sleep for a long time or may be wakeful and feed very often.	Becoming firmer and fuller.	At least 6-8, maybe many more. May hear the suck/swallow.		At least 2-3 wet nappies. You may see urates – a pink/orange stain on the nappy.	Softer, green/brown in colour.
Over 72 hours old	Some continue to be wakeful and feed frequently. Some are beginning to sleep for longer periods between feeds.	Usually full and quite firm. Your breasts may leak between feeds.	Offer both breasts at each feed. Start each feed with different breast.	Whiter in colour, increased volume. Milk is “coming in”.	At least 3-4 pale or colourless wet nappies.	Softer or runny, brown/yellow in colour.
5-6 days old	May continue to feed frequently at night and sleep more during the day.	Full, soften with feeds. Leaking common.	At least 6-8. Feed from the first side till comfortable then offer the second side.	Thinner and whiter in colour. Milk has “come in”.	At least 4-6 pale or colourless wet nappies.	Runny mustard/yellow colour.
7 days old and older	Beginning to regulate the milk volume and number of feeds required.	Comfortable – fuller if longer time between feeds.	Varies, 6-10 taking 1-2 breasts as required.	Thin and white in colour. Flows freely during the feed.	6 pale or colourless wet nappies.	Fluid plus little lumps (curds).



Health

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