



Community Midwives
of Halton

Baby's First Days

The breastfed baby nurses on average 8 to 12 times in 24 hours. This is generally every 1.5 to 3 hours. Each feeding should last from 30 – 45 minutes.

Days 1 to 3 Colostrum

Bowel movements: 1 to 3 sticky, dark green or almost black
Wet diapers: generally 2 to 3, increasing in number and amount each day

Days 3 to 4 Milk Coming In

Bowel movements: 3 to 4 brown/green/yellow in colour
Wet diapers: 3 to 4 per day, heavier wetting

Days 5 to 6 Mature Milk

Bowel movements: 3 to 5, becoming more yellow in colour.
At least 3 are the size of a dollar coin
Heavy wet diapers: 5 to 6 per day

IF YOUR BABY IS LATCHED WELL YOU WILL...

SEE... Mouth open wide
Lips flanged out and relaxed
FEEL... Breast tug – *no pain*
HEAR... The sound of baby swallowing
Sucking is slow and rhythmic



