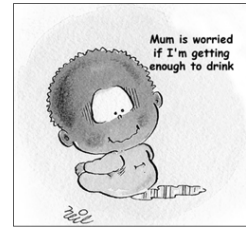


Do I have enough milk?

Look at your baby:

- Does your baby look healthy: is he/she alert and looking around, with firm skin, and growing out of clothes?
- Does your baby have at least 6 wet nappies in 24 hours and soft yellow stools? (after the first 5 days)
- Many babies lose some weight in the first few days. Is your baby back to birth weight by 2 weeks, and then gains 250 grams or more in a two week period (in the first six months)?



If you can say yes to these questions, it is likely that you have plenty of milk for your baby.

My baby isn't growing, what do I do?

If your baby is healthy, then look at the way feeding is going.

- *How often:* In the first few weeks, babies usually feed 10 times or more in 24 hours. If your baby feeds less than 8 times, he/she may not get enough milk.
- *How much:* Most young babies feed for 10-15 minutes or more at each feed. When they have taken enough they let go of the breast themselves. If the mother stops the feed after a short time, the baby may not have taken enough.
- *How well:* Your baby needs to be able to suck well at the breast to get enough milk. Check the baby is turned towards you, bring baby to breast, not breast to baby. Look for a very wide open mouth and the lips curled out. Baby should have a big mouthful of breast. Baby starts sucking with short sucks and these should change to long deep sucks and you notice swallowing.
- *What else:* If you give water, juice, formula, spoon feeds or if a pacifier is given instead of a feed, your baby will suck less at the breast and you will produce less milk.
- *What to do:* Feed more often or for longer if that is the problem. Ask for help to check the position and attachment of your baby. Reduce the use of formula, water or a pacifier if these are used instead of feeding the baby yourself.



The most common reason for slow weight gain in a healthy baby is related to the way feeding goes. Your health and less common reasons may be checked also. Follow-up with your midwife, nurse or lactation consultant each week until weight gain is good.

Do you know that:

You don't need to time feeds. Watch the baby instead. Look for longer pauses between sucks and baby letting go of the breast to know when the baby has had enough.



Babies have growth spurts every few weeks and they want to feed more for a day or two. This extra sucking makes more milk.

A baby's tummy is the size of the baby's fist so can only hold small amounts of milk at a time. They need to feed often because they need to double their weight in the first 6 months.

Think how often you have something to eat or drink. Are you trying to double your weight? What would it be like if you had to wait until someone else decided it was a suitable time for you to eat or drink?

If your baby is sleepy and does not want to feed, has few wet or soiled nappies, or has skin that feels dry and 'loose', take your baby to see your doctor quickly.