

Is my baby getting enough?

There are **three reliable signs** to look at to know your baby is getting when they need.

At every feed

Look for the baby to do rapid sucks, followed by bursts of sucking then pausing, your baby will stop feeding when they are ready and have had enough.

Remember what goes in will come out!

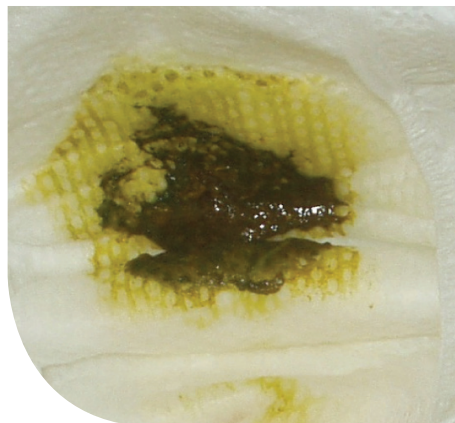
In the baby's first week, you should look for:

- **Wet nappies:** same number of wet nappies as days old your baby is, ie three days old = three wet nappies, six days old = six wet nappies.
- **Dirty nappies:** one in the first day and then two or more every 24 hour day for at least next six weeks.

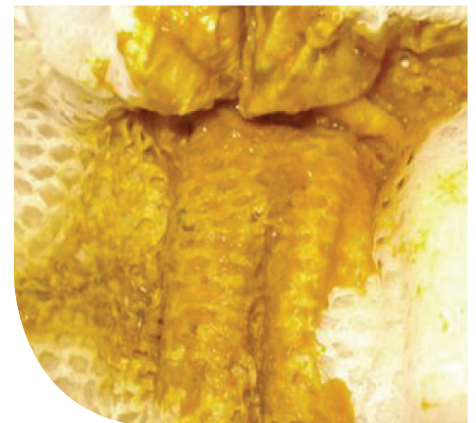
Look for the changing colour in the first week:



Meconium first –
birth to two days old



Changing to green and less
sticky – three to four days old



Lastly yellow and runny –
four to five days old

Baby's weight

On average, babies lose 7% of their birth weight in the first week – this is because they are born with excess fluid. Babies then regain their birth weight by two weeks old and should continue to increase from then on. Their weight will be monitored by your midwife and health visitor as your baby grows.

More information

If you would like more information or are concerned that your baby isn't getting enough, please contact your community midwife or come along to one of the trust's breastfeeding support clinics. An information leaflet about our breastfeeding support clinics will be given to you in your discharge pack.