Signs of successful breastfeeding

A breastfed baby gets enough milk, when:

- The baby is feeding on demand at least 8 to 12 times per 24-hour period.
- The baby pees at least five times per 24-hour period..
- In the first weeks, the baby poops daily. If the baby is over six weeks, he may go days without pooping.
- The baby grows.
- The baby sucks efficiently and swallows milk.
- Breastfeeding doesn't hurt.

Nursing tips to increase your milk supply

- Keep your baby skin-to-skin. Sleep with your baby.
- Breastfeed your baby more frequently, at least 10 to 12 times a day. Try to add one feeding at night time or feed a sleepy baby.
- Switch breasts during a feeding. Switch breasts when the baby starts swallowing infrequently or gets sleepy.
- You can increase the milk flow into your baby's mouth by compressing your breast when the baby eats. Use a wide hold and squeeze the breast behind the areola.
- Forget about pacifiers – let the baby suck your breast instead.
- Don't worry about your breasts feeling empty. More milk out equals more milk produced – supply and demand. The breast is never empty.
- Trust yourself – the milk supply will increase within a few days.

Date _____

Feedings ○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○

Success signs fulfilled ○

Date _____

Feedings ○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○

Success signs fulfilled ○

Date _____

Feedings ○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○

Success signs fulfilled ○

Date _____

Feedings ○○○○○○○○○○○○○○○○

Baby peed ○○○○○○○○○○○○

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Success signs fulfilled ○

Date _____

Feedings ○○○○○○○○○○○○○○○○

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Baby peed ○○○○○○○○○○○○

Baby pooped ○○○○○○○○○○○○

Success signs fulfilled ○

Contact the child health centre if you notice any alarming signs: the baby is sleepy or sucks weakly at the breast, breastfeeding hurts, he's not wetting enough nappies or the baby feels very unsettled.