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| **BREASTFEEDING: WHAT to EXPECT with MILK, FEEDS, NAPPIES and BREASTS** | | | | | | | |
|  | **Birth – Day 2** | **Day 3-4** | **Days 5 to 6** | **Day 7 – about**  **4-6 weeks** | **6 weeks onwards** | **4 months** | **Starting solids** |
| **Baby’s feed frequency and behaviour** | Skin to skin helps baby find way to breast – usually will feed within 1 hour or so of birth (though may be longer if long delivery or lots of pain medication) and then 4 or more times within 24 hours | Baby may be quite unsettled and feed almost constantly in 12 hours or so before higher volume “mature” milk” comes.  Other babies will be very sleepy. Encourage lots of skin to skin and watching for early feeding cues to encourage feeding | 8-12 feeds in 24 hours  Baby calm at the breast. | 8-12 feeds at least in 24 hours  Feed is quenching thirst and hunger, so if weather is hot, may feed more frequently during that time.  May start going longer between feeds at night. | 8-12 times a day.  May want to feed more frequently suddenly – just boosting milk supply to meet increased needs and will usually settle down again after 2-3 days.  Check positioning still good at breast as baby longer. | 6 or more times in 24 hours. Baby may want to feed more often occasionally to boost supply.  Baby easily distracted at breast by what happening around them, so may feed more often at night.  All babies, however they are fed, wake more at night at this age. | Variable, but about  6-8 times in 24 hours |
| **Milk** | Colostrum – thick, concentrated, creamy milk - small feeds of about 5-30 mls | Colostrum, and then mature milk mixed with colostrum. Mature milk often looks blue and watery at beginning of feed, but creamier at end of feed | Mature milk often looks blue and watery at beginning of feed, but creamier at end of feed. Higher volume and concentration of lactose at beginning of feed, then higher fat concentration as feed continues. Mothers often leak breastmilk when oxytocin stimulated (e.g. hearing baby cry)  Milk will separate into layers if left in bottle, but can be shaken back together.  Volume and composition increases to meet baby’s needs. | | | | Breastmilk continues to supply majority of baby’s nutritional needs, with solids gradually taking over by around 1 year |
| **Mum’s breasts** | Soft | Become full and engorged as the “mature” milk comes in – usually between end of Day 3 to Day 5 | Breasts fill up before a feed, then feel softer after a feed. Breasts and nipples comfortable. Nipples may look longer after a feed, but should not look squashed at the end or ridged. | | | Mother may feel breasts feel softer and less full – supply not less, just more in tune with baby’s needs | Breasts softer. Mum may leak less unless a feed is missed or delayed |
| **Baby’s stool output** | At least one Meconium nappy – black, tarry, sticky  See GHM video ‘Is your baby getting enough’ | Changing dark green stools, less sticky | Yellow soft, even runny, stools, at least size of £2 coin. Not offensive. | At least 2 yellow soft stools in 24 hours. Do not smell offensive compared with formula-fed baby’s stools | Stool frequency may decrease, but if so, still very soft, yellow, and voluminous. This is not constipation! Other babies may continue to pass stool more frequently. | | Stools more solid and become more like adult stools; smellier than before. |
| **Baby’s urine output** | 1 wet nappy for each day  i.e. 1 on Day 1, 2 on Day 2, 3 on Day 3 etc | | | 6-8 wet, heavy nappies; urine clear, not smelly | | | |