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# BREASTFEEDING GUIDELINES FOR THE NEWBORN

### WHEN DO I MAKE MY BABY'S FIRST HEALTH CHECK UP?

• Call your baby's primary health care provider (doctor, midwife, nurse practitioner) to make an appointment. All babies should be seen within 2 to 3 days after discharge.

## WHEN DO I CALL FOR HELP?

#### **CALL IF YOUR BABY:**

- is too sleepy or does not feed at least 8 times in 24 hours
- is not having enough wet diapers or stools (bowel movements)
   \*See chart on next page
- is having blackish/green bowel movements after day 4 or 5
- has a dry or sticky mouth
- is not swallowing after one to two sucks on day 3 or 4
- has skin that looks yellow or the whites of your baby's eyes look yellow
- has an underarm temperature greater than 37.5°C (99.5°F) or less than 36.5°C (97.7°F)

If you are very concerned about your baby's health, contact your health care provider right away. If your health care provider is not available, go to your nearest emergency department.

## WHERE CAN I GET HELP?

- Call Middlesex London Health Unit 519-663-5317 to speak with Public Health Nurse,
   Weekdays 8:30 am to 4:30 pm or visit the website at www.healthunit.com
- If you live outside London, call your local health unit.
- Your baby's health care provider.
- TeleHealth Services 1-866-797-0000 24 hours a day, 7 days a week.
- For more resources in your area, visit ontariobreastfeeds.ca.

NS4468 (Rev. 2021/12/30) Baby Friendly Initiative Panel 4 NS4468 (Rev. 2021/12/30) Panel 1

# **IS MY BABY GETTING ENOUGH?**

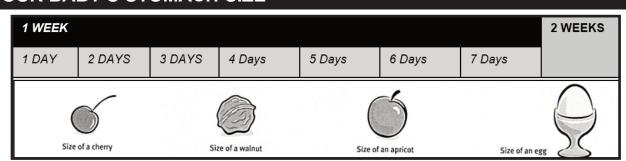
It is important to feed your baby in response to your baby's feeding cues. Your baby should feed at least 8 times in 24 hours. If you are concerned about your baby's feedings, it is best to have a Lactation Consultant or a health care provider who is skilled in breastfeeding watch you breastfeed.

Baby's Behaviour and Number of Feedings	Minimum Number of Stools in 24 Hours	Minimum Number of Wet Diapers in 24 Hours
<ul> <li>May be sleepy</li> <li>May not feed much the first day</li> <li>Wake baby up and offer the breast every 2-3 hours (at least 8 times in 24 hours)</li> </ul>	• 1 - 2 black or dark green	1 or more     Note: Due to the     absorbency of diapers,     place a tissue in the diaper     to check wetness
<ul> <li>May still be sleepy or want the breast frequently</li> <li>Feed at least 8 times in 24 hours</li> </ul>	• 1 - 2 black or dark green	2 or more     It is common to see uric acid crystals in the urine
<ul> <li>Baby shows more interest in feeding</li> <li>Should hear swallowing with every 1 or 2 sucks</li> <li>Feed at least 8 times in 24 hours</li> </ul>	3 brown, green or yellow	3 or more     Uric acid crystals     may still be present
Feed at least 8 times in 24 hours	• 3 brown, green or yellow	4 or more     Soaked without uric acid crystals
Feed at least 8 times in 24 hours	3 large, soft and seedy yellow	6 or more heavy wet with pale yellow or clear urine
Feed at least 8 times in 24 hours	3 large, soft and seedy yellow  Note: After 6 weeks stools can become less	6 or more and will remain this way for many months
	<ul> <li>Number of Feedings</li> <li>May be sleepy</li> <li>May not feed much the first day</li> <li>Wake baby up and offer the breast every 2-3 hours (at least 8 times in 24 hours)</li> <li>May still be sleepy or want the breast frequently</li> <li>Feed at least 8 times in 24 hours</li> <li>Baby shows more interest in feeding</li> <li>Should hear swallowing with every 1 or 2 sucks</li> <li>Feed at least 8 times in 24 hours</li> <li>Feed at least 8 times in 24 hours</li> <li>Feed at least 8 times in 24 hours</li> </ul>	<ul> <li>Number of Feedings</li> <li>May be sleepy</li> <li>May not feed much the first day</li> <li>Wake baby up and offer the breast every 2-3 hours (at least 8 times in 24 hours)</li> <li>May still be sleepy or want the breast frequently</li> <li>Feed at least 8 times in 24 hours</li> <li>Baby shows more interest in feeding</li> <li>Should hear swallowing with every 1 or 2 sucks</li> <li>Feed at least 8 times in 24 hours</li> <li>3 brown, green or yellow</li> <li>Teed at least 8 times in 24 hours</li> <li>3 brown, green or yellow</li> <li>Feed at least 8 times in 24 hours</li> <li>3 large, soft and seedy yellow</li> <li>Feed at least 8 times in 24 hours</li> <li>3 large, soft and seedy yellow</li> <li>Note:</li> </ul>

Source: https://resources.beststart.org/product/b02e-breastfeeding-guidelines-nursing-mothers-table/

All infants need additional Vitamin D. Health Canada recommends that breastfeeding babies receive 400 IU of Vitamin D each day. Please talk to your health care provider.

## YOUR BABY'S STOMACH SIZE



Adapted with permission from <a href="https://resources.beststart.org/product/b02e-breastfeeding-guidelines-nursing-mothers-table/">https://resources.beststart.org/product/b02e-breastfeeding-guidelines-nursing-mothers-table/</a>

Note: At birth, your baby's stomach is small and holds only small amounts of breastmilk. This is why your baby will have frequent feeding cues. It is important to keep your baby close to you so you can respond to your baby's feeding cues.

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		INFANT FE	EDING	G DIA	RY	
Day 1 0 - 24 hours	Wet Diaper	rs (☑ check boxes)		(☑ chec	k boxes)	
Date	Time	Baby is sucking and swallowing (√)	Left Breast (√)	Right Breast (√)	Comments	
Day 2 25 - 48 hours		rs (☑ check boxes)		(☑ chec	k boxes)	
Date	Time	Baby is sucking and swallowing (√)	Left Breast (√)	Right Breast (√)	Comments	
Day 3 49 - 72 hours	Wet Diapers (☑ check boxes)		Stools (☑ check boxes) ☐ ☐ ☐ ☐			
Date	Time	Baby is sucking and swallowing (√)	Left Breast (√)	Right Breast (√)	Comments	
	1		1			