Day 4	**Wet Diapers** (☑ check boxes) ☐☐☐☐☐☐		**Stools** (☑ check boxes) ☐☐☐☐		
Date	**Time**	**Baby is sucking and swallowing (✓)**	**Right Breast (✓)**	**Left Breast (✓)**	**Comments**

D.O.B.	GESTATIONAL AGE	BIRTH WEIGHT	DISCHARGE WEIGHT

SPECIAL FEEDING INSTRUCTIONS

Pumping: ☐ Single ☐ Double ☐ Hand Expression ☐ Feeding Aids _____

Signature: _____

REFERENCES:

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Originally developed by the Middlesex London Breastfeeding Coalition in 1999 and revised in January 2009.
Current representation from London Health Sciences Centre & Strathroy Middlesex General Hospital. Revised November 2014.

London Health Sciences Centre

BREASTFEEDING GUIDELINES FOR THE NEWBORN

WHEN DO I MAKE MY BABY'S FIRST HEALTH CHECKUP?

- Call your baby's health care provider to make an appointment. All breastfed babies should be seen by their health care provider 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**
- looks yellow or the whites of your baby's eyes look yellow
- has an underarm temperature greater than 37.2°C (99.0°F) or less than 36.5°C (97.7°F)

CALL IF YOU:

- have sore nipples
- if your milk has not come in by the 5th day

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 as soon as possible.

WHERE CAN I GET HELP?

- Middlesex London Health Unit, call Health Connection 519-663-5317 ext. 2280, Weekdays 8:30 am to 4:30 pm or visit the website at www.healthunit.com
- TeleHealth Services 1-866-797-0000 24 hours a day, 7 days a week.
- Your baby's health care provider.
- If you live outside London, call your local health unit, or your health care provider.

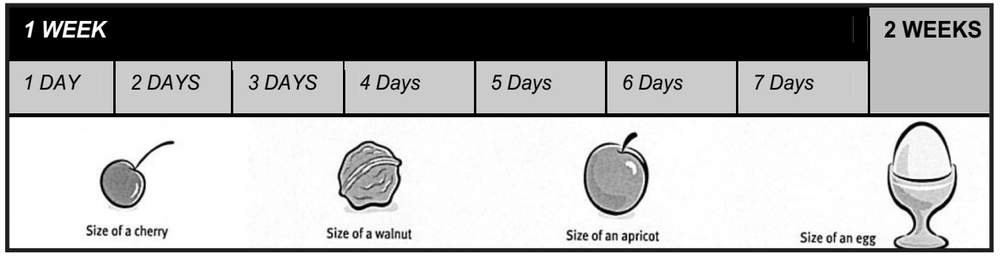
IS MY BABY GETTING ENOUGH?

Baby's First Week of Life	Baby's Behaviour and Number of Feedings	Minimum Number of Stools in 24 Hours	Minimum Number of Wet Diapers in 24 Hours
Day 1	• May be sleepy • May not feed much the first day • Wake baby up and offer the breast every 2-3 hours (at least 8 times in 24 hours)	• **1** black	• **1 - 3** **Note:** Due to absorbency of diapers, place a tissue in the diaper to check wetness
Day 2	• May still be sleepy or want the breast frequently	• **1** blackish/green	• **2 - 3** • It is common to see uric acid crystals in the urine
Day 3	• Baby shows more interest in feeding • Should hear swallowing with every 1 or 2 sucks	• **1** blackish/green	• **3** soaked • Uric acid crystals may still be present
Day 4	• At least 8 feeds, but not necessarily evenly spaced • Same as Day 3	• **2** colour changes to a brownish/yellow	• **4** soaked without uric acid crystals
Day 5	• Same as Day 3	• **2** yellow	• **5** heavily soaked
Day 6	• Same as Day 3	• **2 - 5** yellow/seedy **Note:** After 6 weeks stools can become less frequent	• **6 - 8** and will remain this way for many months

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.

Note: The early weeks are a learning time for you and your baby. Feeding habits change as your baby grows. At birth, your baby's stomach is small and holds only small amounts of breastmilk. This is why you need to feed your baby more often. Over the first week, the amount your baby takes slowly increases. Always feed your baby on demand and according to hunger cues.

YOUR BABY'S STOMACH SIZE



Adapted with permission from http://www.beststart.org/resources/breastfeeding/pdf/breastfdeskref09.pdf

INFANT FEEDING DIARY

Day 1
0 - 24 hours

Wet Diapers (☑ check boxes) ☐ ☐ ☐ ☐

Stools (☑ check boxes) ☐ ☐ ☐ ☐

Date	Time	Baby is sucking and swallowing (✓)	Right Breast (✓)	Left Breast (✓)	Comments

Day 2
25 - 48 hours

Wet Diapers (☑ check boxes) ☐ ☐ ☐ ☐ ☐ ☐

Stools (☑ check boxes) ☐ ☐ ☐ ☐

Date	Time	Baby is sucking and swallowing (✓)	Right Breast (✓)	Left Breast (✓)	Comments

Day 3
49 - 72 hours

Wet Diapers (☑ check boxes) ☐ ☐ ☐ ☐ ☐ ☐ ☐

Stools (☑ check boxes) ☐ ☐ ☐ ☐

Date	Time	Baby is sucking and swallowing (✓)	Right Breast (✓)	Left Breast (✓)	Comments