

Day 3 49 - 72 hours	Wet Diapers (☑ check boxes) ☐ ☐ ☐ ☐ ☐ ☐ ☐		Stools (☑ check boxes) ☐ ☐ ☐ ☐	
Date	Time	Feed Amount	Comments	

Day 4	Wet Diapers (☑ check boxes) ☐ ☐ ☐ ☐ ☐ ☐		Stools (☑ check boxes) ☐ ☐ ☐ ☐	
Date	Time	Feed Amount	Comments	

SPECIAL FEEDING INSTRUCTIONS

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

Type of Formula: _____

To check for recalls of formula go to www.healthycanadians.gc.ca and click on "recalls & safety alerts"

Signature: _____

References:

- 1) American Academy of Pediatrics. (2019). Baby's First Days: Bowel Movements and Urination. Retrieved from <https://www.healthychildren.org/English/ages-stages/baby/Pages/Babys-First-Days-Bowel-Movements-and-Urination.aspx>
- 2) Best Start Resource Centre. (2017). Infant Formula: What you Need to Know. Retrieved from: <https://resources.beststart.org/product/b19e-infant-formula-booklet/>
- 3) Health Link BC. (2019). Bowel Movements in babies. Retrieved from <https://www.healthlinkbc.ca/health-topics/abo3062>
- 4) Mohrbacher, N. (2013). Breastfeeding Solutions: Quick Tips for the Most Common Nursing Challenges. Oakland, CA: Harbinger Publications, p. 38.

Originally developed by the Middlesex London Breastfeeding Coalition in 1999 and revised in 2009, 2014. Currently revised by the Breastfeeding Coalition of Southwestern Ontario with representation from London Health Sciences Centre, Chatham-Kent Health Alliance, and Strathroy Middlesex General Hospital, December 2019



London Health Sciences Centre

FORMULA FEEDING GUIDELINES FOR THE NEWBORN

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

- 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) a day
*See chart on next page
- Is having blackish/green bowel movements after day 4 or 5
- has a dry or sticky mouth
- 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?

- 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
- If you live outside Middlesex 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
- Best Start Nutrition Resources: <https://resources.beststart.org/product-category/resources/nutrition/>

FEEDING GUIDELINES

The baby's cues should guide how much formula is taken. It is better to feed on cue rather than feed at a set time and a set amount.

Always respond to your baby's feeding cues.

Age	Minimum number of feedings in <u>24 hours</u>	Average amount of formula required in <u>24 hours</u>
First 24 hours	8	50 mL (0.4 oz)
3 days	8	250 mL (0.5 oz)
1 week	8	450 mL (1 oz)
2 weeks	8	600 mL (2 oz)

Reference: Mohrbacher, N. (2013). Table 2-1 Baby's Average Feeding Volume by Age

IS MY BABY GETTING ENOUGH?

Baby's first week of life	Baby's Behaviour and Number of Feedings	Number of Stools in 24 Hours	Number of Wet Diapers in 24 Hours
Day 1	<ul style="list-style-type: none"> May be sleepy May not feed much the first day Feed baby at least 8 times in 24 hours 	<ul style="list-style-type: none"> 1 Black 	<ul style="list-style-type: none"> 1 or more <p>Note: Due to absorbency of diapers, place a tissue in diaper to check wetness</p>
Day 2	<ul style="list-style-type: none"> May still be sleepy or can switch to feeding more frequently Watch baby closely for feeding cues Feed baby at least 8 times in 24 hours 	<ul style="list-style-type: none"> 1 blackish/green 	<ul style="list-style-type: none"> 2 or more <p>It is common to see uric acid crystals in the urine</p>
Day 3	<ul style="list-style-type: none"> Baby shows more interest in feeding Watch baby closely for feeding cues Feed baby at least 8 times in 24 hours 	<ul style="list-style-type: none"> 1 blackish/green 	<ul style="list-style-type: none"> 3 or more <p>Uric acid crystals may still be present</p>
Day 4	<ul style="list-style-type: none"> Baby shows more interest in feeding Watch baby closely for feeding cues Feed baby at least 8 times in 24 hours 	<ul style="list-style-type: none"> 1 green/grey 	<ul style="list-style-type: none"> 4 or more <p>Without uric acid crystals</p>
Day 5	<ul style="list-style-type: none"> Baby shows more interest in feeding Watch baby closely for feeding cues Feed baby at least 8 times in 24 hours 	<ul style="list-style-type: none"> 1 green/grey 	<ul style="list-style-type: none"> 5 or more <p>Heavy wet with pale yellow or clear urine</p>
Day 6	<ul style="list-style-type: none"> Baby shows more interest in feeding Amounts at feedings can vary At night, baby will wake up on his/her own to be fed. 	<ul style="list-style-type: none"> 1-2 greyish beige soft (clay consistency) <p>Note: After the first week stools can become less frequent</p>	<ul style="list-style-type: none"> 6 or more <p>and will remain this way for many months</p>

YOUR BABY'S STOMACH SIZE

1 WEEK

2 WEEKS

1 DAY

2 DAYS

3 DAYS

4 Days

5 Days

6 Days

7 Days



Size of a cherry



Size of a walnut



Size of an apricot



Size of an egg

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

Note: The early weeks are a learning time for you and your baby. Feeding habits change as your baby grows. Your baby may wish to feed on demand and more often during growth spurts: 2 weeks, 6 weeks, 3 months, and 6 months.

INFANT FEEDING DIARY

Day 1 0 - 24 hours	Wet Diapers (☑ check boxes) ☐ ☐ ☐ ☐			Stools (☑ check boxes) ☐ ☐ ☐ ☐		
Date	Time	Feed Amount	Comments			
Day 2 25 - 48 hours	Wet Diapers (☑ check boxes) ☐ ☐ ☐ ☐ ☐ ☐			Stools (☑ check boxes) ☐ ☐ ☐ ☐		
Date	Time	Feed Amount	Comments			