

Getting Off to a Good Start:

- 1 Feed baby every time he shows hunger signs or at least every 1½ to 2 hours during the day and every 3 hours at night.
- 2 Early signs that baby is hungry is when he sucks on his lips, fingers, fist, or cheek. Later signs that baby is hungry is when he fusses and cries. Feed baby when he shows early hunger signs.
- 3 Make sure you are comfortable when nursing - use pillows, prop feet, have an arm rest.
4. Position baby with his tummy facing your tummy. Wait for a wide, open mouth. Bring lower jaw onto your breast first, then bring top jaw over nipple - as if baby were eating a sandwich. Baby's chin should be against your breast. A large part of the brown area (areola) should be in baby's mouth. Make sure baby's lips are flanged out.
5. Watch your baby for signs that milk is transferring from your breast to your baby. You should hear your baby swallow. Milk may be leaking from the other breast.
6. When baby stops nursing, place your hand on the upper part of your breast. Compress. Baby should start nursing. Compress the breast until baby stops nursing. Release. Move hand slightly and compress. Baby

should start nursing again. Keep on until you have compressed all areas of your breast and baby no longer nurses. Switch to the other breast and repeat.

7. Using the Feeding Log, chart each feeding. Also chart each time baby has a wet or dirty diaper. Baby should be fed at least 8-12 times each day. Baby should have at least 6 very wet diapers and 3 dirty diapers by day 5 to 7.
8. Do not give a pacifier to a new baby. Baby should nurse when he wants to suck. Pacifiers hide signs of hunger.
9. If your baby is getting plenty of milk, he should be gaining about an ounce a day. If your baby always seems hungry even after a good feeding and does not seem to be gaining weight, call your doctor.



Feeding Log

Circle a number each time you feed or change a diaper.

Day 1

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 + + +
Dirty diapers 1 + +

Day 2

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 + + +
Dirty diapers 1 2 + +

Day 3

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 3 + + + +
Dirty diapers 1 2 3 + +

Day 4

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 3 4 + + + +
Dirty diapers 1 2 3 + +

Day 5

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 3 4 5 + + + +
Dirty diapers 1 2 3 + +

Day 6

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 3 4 5 6 + + +
Dirty diapers 1 2 3 + +

Day 7

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 3 4 5 6 ++
Dirty diapers 1 2 3 ++

Day 8

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 3 4 5 6 ++
Dirty diapers 1 2 3 ++

Day 9

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 3 4 5 6 ++
Dirty diapers 1 2 3 ++

Day 10

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 3 4 5 6 ++
Dirty diapers 1 2 3 ++

Day 11

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 3 4 5 6 ++
Dirty diapers 1 2 3 ++

Day 12

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 3 4 5 6 ++
Dirty diapers 1 2 3 ++

Day 13

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 3 4 5 6 ++
Dirty diapers 1 2 3 ++

Day 14

Feedings 1 2 3 4 5 6 7 8 9 10 11 12 ++
Wet diapers 1 2 3 4 5 6 ++
Dirty diapers 1 2 3 ++

Birthweight _____

Weight at 3 day checkup _____

Weight at 2 week checkup _____



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