



Breastfeeding: What to Expect in the First Few Weeks

	Happy Birthday	Day 2	Day 3-4	Day 5-11	2+ weeks	
Mom's Breasts	Most women notice their breasts change and grow with pregnancy.	Some tenderness is normal.	Breasts are fuller, heavier. Slight discomfort at latch is ok as long as it goes away in 30 seconds.	Breast will feel fuller before a feed and softer after. Nipple pain should ease.	Continued nipple/breast pain is a sign to call for help.	Mom's Breasts
Feeding	Skin to skin after birth. Alert first feed, may be sleepy rest of day.	More alert, feeds every 2-4 hours. Second night = lots of feeding!	8-12x in a 24 hour period (not evenly spaced!)	8-12x in a 24 hour period (not evenly spaced!)	8-12x in a 24 hour period (not evenly spaced!)	Feeding
Diapers	Minimum one poop (meconium) and one wet.	Minimum 2 poops and 2 wet.	Minimum 3-4 wet, 3-4 poops. Poop begins to turn green and pasty.	Minimum 6+ wet, 3+ poops. Poop should be yellow, seedy and runny.	Minimum 6+ wet, 3+ poops. Poop should be yellow, seedy and runny.	Diapers
Weight	Birth weight.	Loss of up to 7% of birth weight is normal.	Begins to gain weight.	Weight gain of .5-2 ounces a day is normal.	Baby should be back up to birth weight by 2 weeks.	Weight

Warning Signs!! Call your care provider if:

- No wet diaper in 12 hours
- No dirty diaper in 24 hours
- Temperature of 100.4 degrees or more