













	Colostrum	Colostrum	Colostrum
Age	Day 1: hour 0-24	Day 2: hour 24-48	Day 3: hour 48-72
Belly Size			
	Babies will feed frequently: check off the circles below to track feedings, more is ok.		
Feeds	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Milk per Feed	 5-7 mls= 1 tsp	 10-15 mls= 2-3 tsps	 20-30 mls= 2/3-1 oz
	Counting wet and dirty diapers is one indicator that baby is getting enough milk: check off the circles below to track minimum numbers *dirty diaper circles have been shaded to represent the color changes to be expected*		
Wet	○	○ ○	○ ○ ○
Dirty	○	○ ○	○ ○ ○
What to Expect	Spend lots of time skin to skin(S2S). Recline in bed and allow baby to lay across your body, with their head on or between your breasts. Baby may want to nurse frequently, or may be too sleepy. It's okay if feedings are only a few minutes long, or if your baby takes multiple tries to latch each time. Your breasts will not feel full yet, this is normal.	Continue to spend lots of time in S2S contact, reclined in bed. If you are discharged; find a comfortable place at home to continue. Babies who were sleepy on day 1, may be much more alert and seem to want to feed all day. Short, frequent feeds are normal. It is still normal for your breasts to not feel full. Try to sleep any time the baby is.	Continue to spend lots of time in S2S contact. Find comfortable places to sit in a reclined position at home. Remember to always bring baby to breast, allow their head to move. Baby will still want to feed frequently. Frequent feeds will help your milk to come in. When your breasts start to feel full, your milk is starting to come in.

on average, a mother's milk comes in at approximately 72hrs post delivery. First time moms and moms who deliver via C-Section may be closer to 4 or 5 days

	Full milk	Full Milk	Full Milk
	Day 4 (maybe 5 or 6)	7 days (maybe 5 or 6)	by 4-6 weeks
			
	Babies will feed frequently: check off the circles below to track feedings, more is ok.		
	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
	 30-50 mls= 1-12/3 oz	 45-60 mls= 1 1/2-2 oz	 60-90mls= 2-3 oz
	Counting wet and dirty diapers is one indicator that baby is getting enough milk: check off the circles below to track minimum numbers *dirty diaper circles have been shaded to represent the color changes to be expected*		
	○ ○ ○ ○ (○ ○)	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○
	○ ○ ○ ○ (○ ○)	○ ○ ○ ○	○ ○ ○ ○
	If your milk is in, you may hear your baby swallow big gulps of milk while feeding. They can take in more at a feeding, but will still feed frequently. If your milk is in, you do not need to use the dirty diaper count circles in parentheses, but will use the wet diaper circles in parentheses. It is normal for babies to lose weight up to this point, but should start gaining now.	S2S may help with any breastfeeding issues. Baby will continue to feed frequently, even at night, in order to grow. This helps if your breasts feel very full. You'll want to offer both breasts at every feeding. Success rates are much higher if bottles and pacifiers are avoided until latch is easy. If your milk is not in by day 5 or 6, you should ask for help.	S2S is always beneficial to baby. Milk intake will increase week by week. Near 4 weeks, daily milk production and intake average 25 oz per day. Moms who make it past 6 weeks typically find breastfeeding to be much easier! If your baby will need to take a bottle, you can think about pumping and introducing occasional bottle feeds.