



Have a question about breastfeeding?

Visit www.breastfeeding.ie

**Every breastfeed
makes a difference**



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Guidelines for mothers

Your baby's age

1 Week							2 Weeks	3 Weeks
1 Day	2 Days	3 Days	4 Days	5 Days	6 Days	7 Days		

How often should you breastfeed?

Per day, on average over 24 hours.



At least 10-12 feeds per day.

At least 8-10 feeds per day.

Your baby should be sucking strongly, slowly, steadily and swallowing often.

Your baby's tummy size



Size of a cherry.



Size of a walnut.



Size of an apricot.



Size of an egg.

Nappies: How many, how wet?

Per day, on average over 24 hours.



At least 1-2 wet.



At least 3 wet.



At least 5 wet.



At least 6 heavy wet with pale yellow or clear urine.

Dirty nappies: Number and colour of stools

Per day, on average over 24 hours.



At least 1 to 2 black or dark green stools.



At least 3 yellow stools.



At least 3 large, soft and seedy yellow stools.

Your baby's weight

Babies may lose up to 10% of their birth weight. It is expected that babies will regain their birth weight by day 14.

Other signs

Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.

Every breastfeed makes a difference

Your breastmilk gives your baby all the nutrients they need for around the first six months of life. Your milk continues to be an important part of their diet, as other foods are given, for up to two years of age and beyond.

