

Baby Bellies™

How much breastmilk does my baby need?

Your newborn has a tiny tummy and only needs a small amount of breastmilk at a time for the first days. The circles represent the approximate size of a newborn's stomach to show about how much breastmilk it can hold on the first, third, and tenth days of a baby's life.

How do I know my baby is getting enough breastmilk?

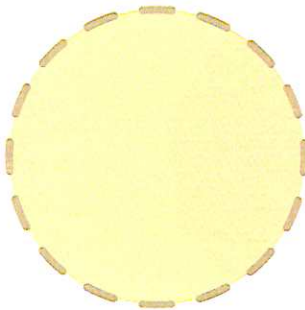
Look for approximately 6 wet diapers each day after the first few days. Expect three or more stools by the fourth day. Look for a baby who seems satisfied after feedings and has a healthy skin tone. Talk with a lactation consultant or your baby's healthcare professional if you have questions about breastfeeding your baby.

How often should I feed my baby?

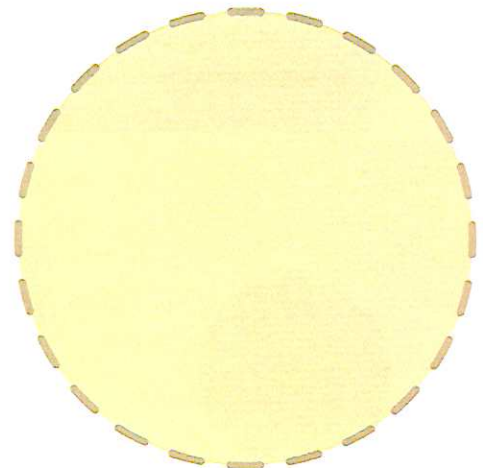
Your newborn needs frequent feedings to grow and feel full. Breastfeed your baby at least 8 to 12 times every 24 hours.



Day 1: 6 mL



Day 3: 26 mL



Day 10: 60 mL