















# BREASTFEEDING ADVICE

Baby's Age	1 WEEK							2 WEEKS	3 WEEKS	4 WEEKS	5 WEEKS	6 WEEKS TO 6 MONTHS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS					
<b>How Often Should You Breastfeed?</b> Per day, on average over 24 hours	 <h2 style="text-align: center;">8-12 x Every Day</h2> <p style="text-align: center;">Baby will feed 8 or more times a day. Breastfeeding every 1 to 3 hours is normal.</p>											 <p>By about 2 months at least 6 to 8 feeds per day</p>
<b>Baby's Tummy Size</b>	 Size of a thimble		 Size of a spool of thread				 Size of a small pin cushion					
<b>Wet Diapers: How Many, How Wet</b> Per day, on average over 24 hours	 At least 1 WET	 At least 2 WET	 At least 3 WET	 At least 4 WET	 At least 6 HEAVY, WET DIAPERS, WITH PALE YELLOW OR CLEAR URINE							
<b>Dirty Diapers: Number and Colour of Poops (Stools)</b> Per day, on average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN		 At least 3 BROWN, GREEN OR YELLOW			 At least 3 large, soft and seedy YELLOW				 At least 1 or more large every 1 - 7 days YELLOW		
<b>Baby's Weight</b>	It is normal to lose weight in the first few days after birth. Your baby should start to gain weight by day 4.				Your baby should have its birth weight back by 10 days to 2 weeks of age.			Your baby should gain about 1 to 2 pounds a month for the first 3 months.				
<b>Growth Spurts</b>	Babies can have sudden bursts in growth—a growth 'spurt'—in the first few weeks. These growth spurts usually happen at 3 weeks, 6 weeks, 3 months and 6 months. With growth spurts, the baby may want to feed more than usual; this is normal.											
<b>Other Signs of Healthy Feeding</b>	Baby has a strong cry, moves a lot and wakes up easily. After breastfeeding, mother's breasts feel softer and less full.											
<b>Vitamin D</b>	Babies need only breast milk and 2 drops (800 IU) of Baby Ddrops™ every day from birth to 6 months of age.											