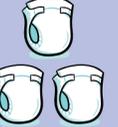




Breastfeeding Your Baby

GUIDELINES FOR NURSING MOTHERS

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					
How Often Should You Breastfeed? Per day, on average over 24 hours	 <h3>8-12 x Every Day</h3> <p>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>	
Baby's Tummy Size	 <p>Size of a thimble</p>		 <p>Size of a spool of thread</p>				 <p>Size of a small pin cushion</p>					
Wet Diapers: How Many, How Wet Per day, on average over 24 hours	 <p>At least 1 WET</p>		 <p>At least 2 WET</p>		 <p>At least 3 WET</p>		 <p>At least 4 WET</p>		 <p>At least 6 HEAVY, WET DIAPERS, WITH PALE YELLOW OR CLEAR URINE</p>			
Dirty Diapers: Number and Colour of Stools Per day, on average over 24 hours	 <p>At least 1 to 2 BLACK OR DARK GREEN</p>		 <p>At least 3 BROWN, GREEN, OR YELLOW</p>			 <p>At least 3 large, soft and seedy YELLOW</p>				 <p>At least 1 or more large every 1-7 days, YELLOW</p>		
Baby's Weight	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.			
Growth Spurts	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.											
Other Signs of Healthy Feeding	Baby has a strong cry, moves a lot and wakes up easily. After breastfeeding, mother's breasts feel softer and less full.											
Vitamin D	Babies need only breast milk and 2 drops (800IU) of Baby Ddrops™ every day from birth to 6 months of age.											

Breast milk is all the food your baby needs for the first 6 months

Babies need only breast milk and vitamin D drops from birth to 6 months of age.

At 6 months, babies need to start eating iron rich foods every day for strong blood while continuing to breastfeed until age 2 or older.

