












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'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.								

