

## Normal Newborn Behaviour and Breastfeeding

	<b>Day 1</b> (First 24 hours of age)	<b>Day 2</b> (First 24 - 48 hours of age)	<b>Day 3</b> (First 48 - 72 hours of age)	<b>Days 3 – 5</b>	<b>Days 6 – 10</b>
<b>How many feeds will my baby have per day?</b>	First feed usually by 90 minutes of age then at least 4 feeds throughout the day	At least 6 feeds	9 – 15 feeds	8 – 12 feeds	8 – 12 feeds
<b>How big is baby's stomach?</b>	Still full of amniotic fluid. Holds approx. ½ - 1 teaspoon	Getting bigger. Holds about 1 – 2 teaspoons	Holds about 1 tablespoon by the end of day 3	Getting bigger	By day 10 holds about 3 tablespoons
<b>How should my breasts feel?</b>	<b>Soft</b> Offer both breasts at each feed. Allow baby to feed as long as they want	<b>Soft</b> Offer both breasts at each feed. Allow baby to feed as long as they want	<b>Heavier, firming</b> Offer both breasts at each feed. Allow baby to feed as long as they want	<b>Full, firm</b> May be sore. Allow baby to finish first breast before offering the second. You will hear baby swallowing	<b>Heavy, full</b> Feed baby from first side until breast feels comfortable, then may offer second breast.
<b>How long should baby sleep between feeds?</b>	1 – 8 hours	1 – 5 hours	30 mins – 3 hours	1 – 3 hours	2 – 5 hours
<b>How many wet nappies?</b>	At least 1	At least 2	At least 3 May see pinkish tinge (urates)	At least 3, getting heavier. 5 – 6 by day 4	5 – 6 or more, heavy
<b>How many dirty nappies?</b>	Minimum 1	Usually 2	More than 2	More frequent	Frequent, often at every feed
<b>Is this normal poo?</b>	Blackish and thick	Dark green, looser	Brownish	Brown – yellow, loose	Mustard yellow to green. Can be loose and watery
<b>Is my baby too sleepy? Is my baby crying too much</b>	Generally settled, some babies are quite unsettled	May be becoming unsettled	Very unsettled, “feeding frenzy”	Becoming more settled	More settled
<b>What is affecting baby's behaviour?</b>	Recovering from birth	Bowel starting to work, gas filling bowel, can be uncomfortable	Breast milk has laxative effect, babies start to feel hungry	Amount of milk baby takes has increased leading to more dirty nappies	Baby getting larger amounts of milk, starts to become more settled