

Normal Newborn Behaviour and Breastfeeding

	Day 1 - first 24 hours of life	Day 2- 24 - 48 hours of age	Day 3 - 48 - 72 hours of age	3 – 5 days	6 - 10 days
How many feeds will baby have per day?	First feed usually by 90 minutes of age. At least 4	At least 6 feeds	9-15 feeds	8-12 feeds	8-12 feeds
Stomach size	About the size of a cherry and still full of amniotic fluid. Holds about ½-1 teaspoon	Getting bigger. Holds about 1-2 teaspoons	About the size of an apricot. Holds about one tablespoon by end of day three	Getting bigger	Getting bigger, by day 10 size of hen's egg. Holds about three tablespoons
How should my breasts feel?	Soft. Offer both breasts at each feed, allow baby to feed as long as they want	Soft. Offer both breasts at each feed, allow baby to feed as long as they want	Heavier, firming. Offer both breasts at each feed, allow baby to feed as long as they want	Full, firm. May be sore. Allow baby to finish first breast before offering second. You will hear baby swallowing	Heavy, full. Feed baby from first side until breast feels comfortable then offer second breast; baby may or may not take it
How long should baby sleep between feeds?	1-8 hours	1-5 hours	30 min-3 hours	1-3 hours	2-5 hours
How many wet nappies?	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
How many dirty nappies?	Minimum 1	Usually 2	More than 2	More frequent	Frequent. Often at every feed minimum 3
Is this normal poo?	Blackish and thick	Dark green looser	Brownish	Brown to yellow, loose	Mustard yellow to green, can be loose and watery
Is my baby too sleepy? Is my baby crying too much?	Generally settled, some babies are quite unsettled	May be becoming unsettled	Very unsettled, “feeding frenzy”	Becoming more settled	More settled
Causes of baby’s behaviour	Recovering from birth, may be affected by drugs used in labour	Bowel starting to work, gas filling bowel, can be uncomfortable	Colostrum 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
How can I help my baby?	Skin to skin as much as possible; watch for feeding cues. Baby needs to be close to you. Breastfeeding is comforting and protective for your baby	Baby may be starting to wake more often. Skin to skin contact will help with feeding as you practice together	Baby is hungry, more breastfeeding helps you to make more milk. Sleep when baby sleeps, ask for help with settling	Baby still likes to be close to you and is comforted when being cuddled	Baby has no “routine”. Cries when he/she is uncomfortable, offer the breast when baby wakes. You will start to learn his/her habits