

# Breastfeeding: Baby's First Days

The breastfed baby should nurse at least 8 times in 24 hours. In the first few days, you may need to wake a sleeping baby to make this happen. An average feeding should last 45 to 60 minutes, including a diaper change. As your milk comes in or as your baby gets stronger, the length of feedings may decrease. Babies tend to nurse frequently (cluster-feed) especially in the evening and through the night. This is normal.

**Talk with a Public Health Nurse, call  
Let's Talk Parenting  
1-800-265-7293 ext. 3616**

## Call us for help if:

- Your nipples are sore or cracked.
- You're unable to get your baby latched.
- During the first week, your baby has no bowel movements for over 12 hours.
- Your baby has infrequent wet diapers or pink crystals are seen in the diaper after day 3.
- Your baby has dark green or black bowel movements after day 5.
- Your baby falls asleep after nursing for only a few minutes.
- Your baby sleeps from four to five hours, more than once a day.
- Your baby spends more than 45 minutes at the breast and begins crying soon after being taken off.
- Your baby is not content between feedings.
- Your baby feeds only by rapid nibbling or shallow sucking.

Days	Wet (Urine)	Dirty (Stool)
1 to 2	At least 1 to 2 wet diapers every 24 hours (A wet diaper feels like 1 ounce of water poured on to a dry diaper). Pinkish crystals may be seen.	At least 1 to 2 large or several small, dark green/black sticky stools.
3	At least 3 wet diapers every 24 hours that are heavier than on days 1 and 2.	At least 3 brown/green/yellow stools. Stools can be soft like toothpaste or watery and seedy.
4 to 5	At least 4 heavy wet diapers every 24 hours.	At least 3 yellow stools.
5 and later	At least 5 to 8 heavy wet diapers every 24 hours. This pattern of wetting continues as your baby grows.	At least 3 yellow pasty/seedy stools every day for up to 1 month. After a couple of weeks, stool patterns may vary from several each day to 1 every week. This is normal as long as baby continues to gain weight.

