


## What else should I know?

- Your nipples will be slightly tender. If you have concerns, call WIC.
- Your breasts will feel more full around days 2–5 and then feel less full around day 7.
- All babies have times when they want to eat more often (cluster feeding). Breastfeed at these times even if your baby was just fed—you are always making milk.
- Breastfeeding takes practice—just like learning a new dance. It will get easier as your baby grows. By the time he or she is 6 weeks old, you will both be experts!
- Baby may lose some weight but should be back to birth weight by 7–10 days.

*Babies are born to breastfeed!*

If you have any questions about breastfeeding, please call:

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California WIC Program  
California Department of Public Health  
Arnold Schwarzenegger, Governor, State of California  
Kimberly Belshé, Secretary, California Health and Human Services Agency  
Dr. Mark Horton, Director, California Department of Public Health  
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## *What to Expect in the First Week of Breastfeeding*

## What do I need to know about breastfeeding in the first week?

- Breastfeed your baby as soon as possible after birth.
- Putting baby skin-to-skin helps babies breastfeed and gain weight faster.
- Your first milk (colostrum) is thick and yellowish. Even a small amount has everything your baby needs.
- Newborn babies have small stomachs and need to breastfeed often, about 8 to 12 times in 24 hours.
- You should hear or see your baby swallow after several sucks.
- Let your baby show you how long to breastfeed. Once baby has fed well on the first side and stops or lets go, burp baby and offer the second side to see if baby is still hungry.
- Giving your baby a pacifier or bottle can make you produce less milk because baby does not breastfeed as often.



## How do I know my baby is getting enough milk?

- You can tell your baby is getting enough milk by the number of diapers baby uses.
- The chart (below) shows the number of diapers your baby should use in the first week.
- It is okay if your baby uses **more** diapers than shown below, but if your baby uses **less**, call your doctor.

### Circle how many diapers your baby uses:

Baby's Age	Wet Diapers	Dirty Diapers
1 Day Old		
2 Days Old		
3 Days Old		
4 Days Old		
5 Days Old		
6 Days Old		
7 Days Old		

## Your baby's stools will change:



**Days 1-2**  
Black, thick,  
and sticky



**Days 3-4**  
Greenish to yellow  
and less thick



**By Day 5**  
Mustard or yellow,  
seedy and watery

...AND your baby will have more and more wet diapers (see chart on next page).

## When should I call my doctor?

If your baby:

- has a dry mouth
- has red-colored urine
- has yellow skin (jaundice)
- does not have enough wet or dirty diapers (see chart above)
- will not wake up to eat at least 8 times in 24 hours