



Baby's Best Feeding

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How Do I Know My Baby Is Getting Enough?

In the womb, babies are being fed via a continuous drip. After birth, babies are in a state of quiet alertness for 1-2 hours as they explore their new surroundings. This is a good time to introduce your baby to your breast. Some babies even crawl up to their mother's breast if laid on their mother's stomach. Allow your baby to explore your breast and get a good feed. If she doesn't, don't worry since simply allowing her to explore your breasts will make it easier for her to latch on later.

Remember that babies don't know they may be hungry and will need to be reminded. So wake your baby and make sure he feeds at least **8-12 times in 24 hours**. Keeping a log of your baby's wet and soiled diapers will help you "see" how he is doing. If you are not sure what a wet diaper feels or looks like, pour 3 tablespoons of water into a diaper and hold it in one hand while holding a dry diaper in the other hand and compare the weight.

Watch the baby and not the clock! Start your baby on one breast and allow your baby to nurse as long as she wants. Burp and change your baby (this will help to wake the baby) and then offer him the other side. If she does not want to nurse on this second side that's okay, just start with that side the next time. You will be feeding your baby approximately every **2-3 hours**. Timing the feeds means beginning at the start of a feed until the start of the next feed.

Keep in mind that feeding on demand does not mean waiting until your baby cries. Crying is the last signal babies give us to let us know something is wrong. Signs that the baby might be ready for a feed include:

- * waking
- * making sounds
- * rapid eye movement
- * becoming alert/opening eyes
- * opening his mouth (rooting/searching)
- * sucking
- * brings fist to mouth
- * fidgeting/wiggling
- * turning her head

Breastfeeding should be a pleasant experience and not a painful one. You may experience some discomfort in the first couple of days, but this discomfort should not last throughout the feeding. Call La Leche League or a Lactation Consultant if you have nipple pain longer than 48 hours!

"A mother holds her baby . . . who lovingly holds
her breast and gets the best!"

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Breastfeeding Log

Wet Diapers		Stools	
Day 1:	WD _____ (1)	Black tarry stool	_____ (1)
Day 2:	WD _____ (1)	Brown tarry stool	_____ (1)
Day 3:	WD _____ (3)	Green soiled stools	_____ (2)
Day 4:	WD _____ (4)	Yellow stools	_____ (3)
Day 5:	WD _____ (5)	Yellow stools	_____ (3)
Day 6:	WD _____ (6)	Yellow stools	_____ (4)
Day 7:	WD _____ (6)	Yellow stools	_____ (4)

A wet diaper will feel the same as 3 tablespoons of water in a diaper. Yellow stools are similar in consistency to cottage cheese that has been mixed with mustard. The number in brackets (#), indicates the minimum number of desired wet and soiled diapers. It is okay for the baby to have more, not less.

Call if you have any questions, concerns or problems.

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