



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

- Your baby should have at least 6-8 wet diapers per day and frequent bowel movements. Call us if your newborn is stooling less than 4 times a day in the first two weeks of life.
- Initially, your baby should nurse 8-10 times over 24 hours (every 1 1/2 to 3 hrs). In the first 2 weeks of life, you should wake your baby for feedings if she sleeps beyond 5 hours.
- Your breast should feel full before feeding and softer after your baby has nursed.
- In general, your baby should seem satisfied and content after feeding. If you are concerned, you should call us. We may want to have the baby weighed.