

WHAT TO KNOW BREASTFEEDING

Every baby is different. If you have questions or concerns about feeding, please talk to your pediatrician.

NEWBORNS

Newborns typically nurse every 2 hours. The timer starts at the beginning of a feeding and goes until the beginning of the next feeding. This is 10 to 12 sessions in 24 hours.

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DIAPERS

If you can't tell if your newborn is getting enough to eat, look at their diapers. Baby should have 2 to 3 wet diapers in the first few days after birth. After the first 5 days, baby should have 5 to 6 wet diapers a day.

GROWTH CHART

Your baby's progress on the growth chart is another great way to know if they are getting enough to eat. Ask your pediatrician about the growth chart at your next appointment.

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LOW WEIGHT

If baby is having a hard time gaining weight, make sure to feed them every few hours, even if it means waking them up to feed.

INTRODUCE SOLIDS

At 6 months most babies are ready to begin exploring solid foods (in addition to breastmilk). Talk to your pediatrician about the best ways to begin introducing solid foods.

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