

GUIDELINES FOR BREASTFEEDING WOMEN (POSTPARTUM PERIOD)

	MILK SUPPLY	BABY'S ACTIVITY	FEEDING ROUTINE	BREASTFEEDING	BABY'S URINE & STOOL OUTPUT
FIRST 8 HOURS	Colostrum should be present.	Baby can be very alert or sleepy in the first hours of life. Allow baby to sleep.	Baby may go into a deep sleep 4 hours or more after birth. Give baby water in dropper.	Put breast in baby's mouth. After many tries, if refuse, allow baby to sleep.	
8-24 HOURS	Same as above.	Babies may still sleep and not awaken on their own. Do not awake baby to feed.	Same as above. Or, allow baby to latch on breast. Feedings may be short.	Same as above.	Baby should have at least 1 wet diaper during the first 24 hours. Baby should have a black-green (meconium) stools.
DAY 2	Same as above. Mature milk should come in between the 2nd and 3rd day.	Baby should be more cooperative and less sleepy.	Allow baby to latch on breast. Feedings may be short or long and baby may fall asleep on breast.	Same as above.	Should have wet diapers. Baby may have more meconium stools
DAY 3	Mature milk should be in. The breast may be firm and/or leaking. Breasts should feel softer after nursing.	Baby may sleep or awake. Look for feeding cues: lip smacking, hands to face.	Allow 3 to 4 hrs. between feedings. Give baby water between feedings.	Nurse at least 10-15 minutes on each breast. Burp baby after each breast or at end of feeding. Baby swallows regularly while nursing.	Should have wet diapers. Baby's stools should be changing from black-green to mustard color.
DAY 4	Same as above.	Baby may or may not sleep long hours; Or, wake up for feedings Do not awake.	Same as above.	Same as above.	Should have wet diapers. Stools should be mustard (yellow) color.
DAY 5	Same as above.	Baby should appear satisfied after feeding.	Same as above.	Same as above.	Several clear/wet diapers. Should have several seedy stools daily -- more than a "stain" in the diaper.
DAY 6	Same as above.	Same as above.	Same as above.	Same as above. Mother's nipples should not feel tender.	Several clear/wet diapers. Several stool diapers.