









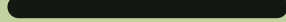





Check the Baby – How to tell if your baby is getting enough milk

Applies to breastfed infants born from week 37 of pregnancy

DEN FØRSTE TID
- med baby

Age	Week 1							Week 2 to 4
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Milk Number of breastfeedings within 24 hours	At least 4-5 		At least 8 or more 					
Wet diapers Average number within 24 hours	1 wet diaper 	2 wet diapers 	3 wet diapers – feel heavier 	5 heavy wet diapers 		6 heavy wet diapers 		
Soiled diapers Average number within 24 hours	1 soiled diaper 		2 soiled diapers 	4 soiled diapers 				
Stools Colour and consistency	Black, brown or dark green stools – sticky and thick in consistency 		Lighter and more greenish 		Yellow/greenish 		Yellow stools and sour smell Soft consistency – may be grainy 	

Well-being

Other signs that the baby is doing well:

- Interested in feeding
- Awake and alert for short periods e.g. during diaper change
- Usually content and can be calmed by close contact
- Normal skin colour, not grey or pale.

It is normal for the baby to:

- Have a little yellow skin colouring after the first 24 hours (jaundice)
- Lose weight after birth but regain birth weight within the first 2 weeks.

Signs that the baby is ready to feed

Early signs:

- Sucking movements with mouth and tongue
- Movements of arms and legs
- Rooting for the breast, bringing fingers to the mouth.

Later signs:

- Fussiness and soft whimpering
- Crying now and then or constantly
- Exhaustion and sleep.

It is an advantage to put the baby to the breast at the earliest signs.

Skin-to-skin

Skin-to-skin contact with the baby is especially important in the first days, while the baby gets used to life outside of mummy's tummy.

Benefits of skin-to-skin contact:

- The baby eats more often
- The baby cries less and uses less energy
- The baby has a more stable temperature
- Helps you identify baby's cues
- Stimulate the mother's milk flow.

Be extra aware, if the baby ...

What you can do:

Milk

- Is breastfed less than 4-5 times in the first 24 hours or less than 8 times within 24 hours in the following days.

- Breastfeed more frequently, preferably 10-12 times within 24 hours
- Try to stimulate the baby's rooting and sucking reflexes by holding the baby skin-to-skin at the breast
- Create a calm and quiet space around you
- Try hand expressing a few drops of milk to encourage the baby
- Increase milk production by hand expressing.

Wet diapers

- Has not passed urine in the first 24 hours
- Passes less urine than described in this chart
- Has orange spots in the diaper after the 3rd day (urate crystals).

- Breastfeed more frequently, ideally 10-12 times within 24 hours
- Offer both breasts at each feeding
- Make sure the baby is sucking actively, consistently and that you hear swallowing sounds
- Seek advice and support from health professionals.

Soiled diapers

- Has not passed stools within the first 24 hours
- Has fewer stools or the stools have a different colour than described in this chart.

- Breastfeed more frequently, ideally 10-12 times within 24 hours
- Offer both breasts at each feeding
- Make sure the baby is sucking actively, consistently and that you hear swallowing sounds
- Seek advice and support from health professionals.

Well-being

- Keeps being fussy and crying – not easy to comfort
- Shows signs of not feeling well
- Is not interested in feeding.

- Try to meet the baby's needs for feeding, diaper changes, sleep, calm surroundings, and close contact
- Seek advice from your health visitor who will support you to find possible explanations

Jaundice

- Becomes yellow within the first 24 hours
- Becomes yellow after 24 hours, but is waking up for feeding and actively sucking
- Becomes yellow, is more than 24 hours old, seems drowsy, needs to be woken for every feed, and falls asleep quickly during feeding
- Still has jaundice at 14 days of age or later.

- **IMPORTANT – call your birth facility or maternity unit immediately**
- Breastfeed more frequently, ideally 10-12 times within 24 hours
- Offer both breasts at each feeding.
- Seek advice and support from your health visitor, birth facility, or family doctor
- Seek advice and support from the health visitor or your own doctor.

Where to find help

- Maternity unit/birth facility
- Health visitor
- Family doctor
- Doctor on call (vagtlæge)

