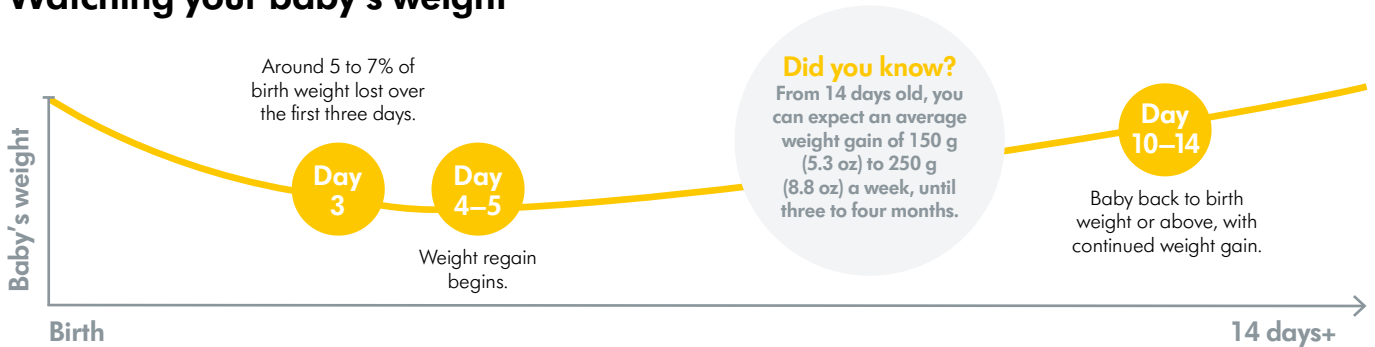


Is my baby getting enough breast milk?









When you start breastfeeding you may think you're not producing much milk. But over the first few days it's normal to only make small amounts.¹⁻⁴ Then, from around three days after your baby's birth, your milk volumes start increasing rapidly.^{1,2} This is why babies tend to lose weight at first, then start regaining it once they're drinking more milk.

It might also feel like your baby's always hungry, however newborns can feed 10 to 12 times every 24 hours – it's nature's way of stimulating your breasts to keep producing good volumes of milk.^{5,6} If your baby is growing and producing nappies as expected, the chances are you're doing just fine. The charts below can help you keep track.

Watching your baby's weight^{7,8}



How many nappies? From birth to week six⁸

	Day 1-2	Day 3	Day 4	Day 5-week 6
Wet nappies	1-2 	3+ 	4+ heavy 	5+ heavy 
Dirty nappies	1+ 	2+ 	2+ 	2+ 
Poo appearance	Meconium poos: black and sticky, gradually becoming browner and less sticky.	Greenish-brown to brownish-yellow. No longer sticky.	Yellow. Seedy texture, loose and watery.	Yellow. Seedy texture, loose and watery.

From week six, breastfed babies continue having five or more heavy, wet nappies a day. By this stage some have fewer, but larger, poos in 24 hours – you'll soon know your baby's pattern. Poos will look the same from now until you start introducing solids from around six months.^{8,9}

Ways to increase your milk supply if needed

If your baby's not meeting the above expectations, seek a healthcare professional's advice quickly. Identifying breast milk supply issues within the first couple of weeks is key, as it's easier to improve things early on. A lactation expert or breastfeeding specialist may recommend:



Checking your baby's latch
An expert can observe a breastfeed and help with attachment if necessary.¹⁰



Increasing feed frequency
Eight or more in 24^{5,6,9} – it's normal for some of these feeds to be at night too.



Holding your baby skin-to-skin
As well as calming you both, this boosts the hormone that helps your breast milk flow.¹⁰



Pumping after each feed
This temporary measure can also help to increase your breast milk supply.^{7,10}

Remember
While frequent feeding and unsettled periods are normal, if your baby feeds constantly and never seems satisfied, it's worth having a check-up.¹⁰

For more information on breastfeeding your newborn and how your milk supply works, visit [medela.com/breastfeeding](https://www.medela.com/breastfeeding)

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