

Fact Sheet

FACT SHEET 4.
(CHS_FS_GNA_004)

BREASTFEEDING

How do I know my baby is getting enough milk?

- After your baby is 3-4 days old he/she should have at least 6-8 wet cloth nappies or 5-7 disposable nappies in 24 hours.
- Breastfed babies are rarely constipated, so a dirty nappy can occur after each feed.
- As your baby gets older, dirty nappies can occur less frequently (up to 14 days between motions).
- Your baby has bright eyes, a moist mouth and good colour.
- Your baby is mostly contented after feeding.
- Your baby's weight gain is satisfactory.
- Your breasts may soften in the latter weeks of breastfeeding. This does not necessarily mean you have a low supply. Your milk supply has settled to your baby's needs.

Source: Breastfeeding booklet compiled by the Community Child Health Service of the Royal Children's Hospital and Health Service District.
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