

## Is Your Baby Getting Enough to Eat?

Many mothers who choose to breastfeed wonder if their baby is getting enough milk since they cannot see the exact amount that is being taken at each feeding. Fortunately there are many ways to tell how well your baby is being fed that do not involve putting your milk in a bottle.

### ❖ Recommendations for Adequate Breastmilk Intake:

- Breastfeed your baby at least 8 to 12 times in 24 hours

### ❖ Indicators of Adequate Intake in the Early Weeks:

- Wet diapers: 6 or more in 24 hours
- Bowel movements (yellow): 4 or more in 24 hours
- Baby is content between feedings
- Weight gain: 4 to 7 ounces per week (average)

### ❖ Signs of Milk Removal:

- Breasts feel full before feeding and softer afterward (early weeks)
- Let-down sensation or milk dripping
- Audible swallowing
- Milk visible in baby's mouth

If you are not sure if your baby is getting enough to eat or if you have questions, contact your health care provider.

