



Image Source: United States Breastfeeding Committee

IS BABY GETTING ENOUGH?

How can I tell if my newborn is getting enough milk?

If you notice these signs, your newborn is likely getting enough milk:

- Baby nurses frequently, averaging at least 8-12 feedings per 24-hour period.
- Baby is allowed to determine the length of the feeding, which may be 10 to 20 minutes per breast or longer.
- Baby's swallowing sounds are audible while breastfeeding.
- Baby should gain at least 4 - 7 ounces per week after the fourth day of life and roughly an ounce a day after the first two weeks.
- Baby will be alert, active, and readily cuing for food.
- Baby looks a healthy color and has firm skin that bounces right back if you pinch it gently, and will be growing in length and head circumference.

A baby who is sleeping rather than feeding every 2-3 hours or who is generally lethargic may need to be assessed by a health care provider to make sure that they are adequately hydrated.

For individualized nursing support, contact your local LLL Leader.