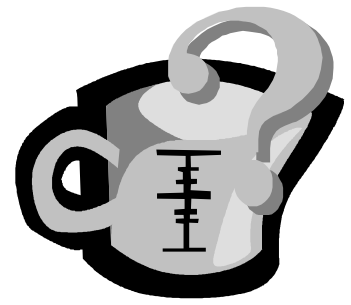


# How can I be sure my baby is getting enough to eat?



Relax and enjoy your baby! Here are two simple ways you can be sure your baby is getting plenty of milk.

## 1. **Yellow poops = plenty of milk**

Keep a diaper diary. Here's what to look for:

Day 1: Black tarry poops

Day 2: Blackish to greenish-brown poops

Day 3-4: Poops begin getting lighter

Day 5: Poops look soft and seedy and yellowish in color

## 2. **Weight gain = plenty of milk**

Babies lose weight after birth but begin gaining by the end of the first week. Most are back to their birth weight by 2 weeks. You can always ask WIC to weigh the baby.

### **But what if...**

#### **...my baby wants to nurse all the time?**

It's normal! Newborns grow fast and have very small bellies. They nurse every 1½ to 2½ hours, from the beginning of one feeding to the next. As babies get older, they nurse less often.

#### **...my breasts don't seem as full as before?**

It's normal! A week or so after delivery, your breasts will feel softer as you adjust to nursing. As long as your breasts feel fuller before and softer after nursing, your baby is getting milk.

#### **...I can't pump much milk from my breasts?**

Small amounts with newborns are normal! Milk supply increases as baby gets older and needs more. Also, pumping takes practice and some moms are better at it than others. And, you will never get as much milk out as your baby!

#### **...my baby keeps waking up at night?**

It's normal! All newborns, breastfed or formula fed, wake up about 3 to 4 times each night. Good news! As babies get older, they sleep longer.

