

Is Your Breastfed Baby Getting Enough to Eat?

Child Care/Health Promotion
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#439

Name of Child: _____ Date: _____

Is Your Breastfed Baby Getting Enough to Eat?

When you feed your baby with a bottle, it is easy to look at the bottle to see how much your baby has eaten. When you breast feed, you cannot measure how much milk you are giving your baby. You have to use other ways to know if your baby is getting enough to eat.

Here are some ways to tell if your baby is getting enough to eat:

- You should hear your baby swallow often when feeding.
- If you are only breast feeding, your baby should eat 8 to 12 times every 24 hours.
- After you breast feed, your breast should feel less full.
- Your baby should have 6 or more wet diapers every 24 hours. If you can't tell if a diaper is wet, it's not wet enough to count.
- Your baby's urine should be pale yellow and have a mild smell.
- Your baby should have 2 or more stools every 24 hours. They should be yellow or tan, looking like mustard with some seeds. If your baby has small stools, there should be many of them.



**After you breast feed,
your breast should
feel less full.**

- The inside of your baby's mouth should always be wet. It should not be dry or sticky.
- Your baby should gain 4 to 8 ounces each week (1/4 to 1/2 pound).
- Some babies do not gain weight as they should. If your baby is not gaining weight, you may want to keep track of how much your baby is eating. You can do this by weighing your baby on a digital scale before and after you breastfeed. The weight your baby gains after feeding is the amount of milk he or she took in.

If you want to do this, ask a Lactation Consultant. If you don't have a Lactation Consultant, tell your nurse or doctor you want to talk to one.

Now that you've read this:

- Tell your nurse or doctor how you can tell if your baby is getting enough to eat. (Check when done.)



- If you have any questions or concerns,
- call your child's doctor or
 - call _____

If you want to know more about child health and illness, visit our library at The Emily Center at Phoenix Children's Hospital
 1919 East Thomas Road
 Phoenix, AZ 85016
 602-546-1400
www.phoenixchildrenshospital.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, November 21, 2008 • DRAFT to family review
 #439 • Written by Anita K. Sweet, RN, IBCLC • Illustrated by Dennis Swain



**PHOENIX
CHILDREN'S
Hospital**

The Emily Center

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Name of Health Care Provider: _____ Number: 439
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Phoenix, AZ 85016-7710

602-546-1395

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Thank you for helping us!