



FIRST FEW DAYS OF A BREASTFED BABY

Changes in stomach size, stool color, stool and urine frequency over the first 7 days of a newborn's life.



Day 1: Your baby's stomach can hold 5-7 ml. (1-1.5 tsp.) at a time and is about the size of a cherry.



Day 3: Your baby's stomach can hold 22-27 ml. (4-5 tsp.) at a time and is about the size of a walnut.



Day 7: Your baby's stomach can hold 45-60 ml. (1.5-2 oz.) at a time and is about the size of an apricot.

DAY 1



1 to 2 times a day



At least 1 wet diaper per day

DAY 2



1 to 2 times a day



At least 2 wet diapers per day

DAY 3



2 to 3 times a day



At least 3 wet diapers per day



Babies need to nurse at least 8-12 times in a 24-hour period – both day and night. Breastfeed on demand, when your baby seems hungry. Offer both breasts even if your baby seems finished.

DAY 5



2 to 3 times a day



at least 5 wet diapers per day

DAY 4



2 to 3 times a day



At least 4 wet diapers per day

DAY 6



2 to 3 times a day, may be at every breastfeed



at least 5 wet diapers per day

DAY 7



2 to 3 times a day, may be at every breastfeed



at least 6 wet diapers per day



As the intake of breastmilk increases, the stools become loose (soft to runny) and seedy or curdy.



The size of your newborn's stomach is influenced by her birth weight; however, the differences are not much



stools



wet diapers

This visual is for informational purposes only. When in doubt, check with a La Leche League Leader or health professional.