

Typical Newborn Feeding Patterns

DAY Time (e.g. Weds 5pm to Thurs 5pm)	NUMBER OF BREASTFEEDS	BEHAVIORS	WET DIAPERS	STOOLS	TYPE
1 _____ _____	6+ □ □ □ □ □ □	BABY: Tiny tummy, sleepy, quiet swallows PARENTS: Sleepy, Learning	1 □	1 □	Black/Sticky
2 _____ _____	8+ □ □ □ □ □ □ □ □	BABY: Tiny tummy, more wakeful, quiet swallows PARENTS: Tired, worried about baby getting enough	2 □ □	1-2 □ □	Black/Brown
3 _____ _____	ALL DAY CAFÉ ! 10-12 □ □ □ □ □ □ □ □ □ □ □ □ □	BABY: Tummy expanding, baby very interested in feeding, fussy PARENTS: Tired, teary, worried about baby getting enough, mom's nipples may be slightly sore	3 □ □ □	2-3 □ □ □	Brown/Green
4 _____ _____	MILK IN !! 8-10 □ □ □ □ □ □ □ □ □ □	BABY: More settled after feeding, feedings may be shorter, gulping PARENTS: Mom's breasts full, parents more confident about baby getting enough	4 □ □ □ □	2-4 □ □ □ □	Green/Yellow
5 _____ _____	HOME & HAPPY 8+ □ □ □ □ □ □ □ □	BABY: Continues to feed every 2-3 hours w/ occasional cluster feeding PARENTS: Becoming more confident and comfortable with baby and breastfeeding	6-8 □ □ □ □ □ □	3+ □ □ □ □	Yellow/Seedy

Do Not Restrict Your Baby From Breastfeeding.
If You Are Having Difficulty Waking Your Baby For Feedings, Ask For Assistance. ☺