

- Have your family physician, midwife, nurse practitioner, walk-in clinic see your newborn within 48 hours of discharge
- If you are unable to keep your appointment with either the Postbirth Clinic or Breastfeeding Support Service, please notify the clinic within 24 hours of appointment.
(519.749.4355)
- Breastfeeding Support Service
Date: _____ Time: _____
(519.749.4300, Ext. 2105)
- Childbirth Outpatient Clinic (bilirubin check)
Date: _____ Time: _____
(519.749.4300, Ext. 5926)
- Postbirth Clinic
Date: _____ Time: _____

Name: _____ Birth Weight: _____ Discharge Weight: _____ Date of Birth: _____
First Checkup Weight: _____

This record is kept as a reference to ensure your baby is feeding well and gaining weight. Please take it with you to all of your baby's first appointments with health care providers.

A Breastfeeding Record for Baby's First Week of Life



In the early days . . .

When to get help:

- * baby's output does not meet the guidelines in amount or colour
- * baby is sleepy and hard to wake up for feeding, or falls asleep after nursing for just a few minutes
- * baby is looking more jaundiced (skin colour is yellowish in colour), is sleepy and difficult to feed
- * baby has only rapid, nibbling, shallow type of sucks with no swallowing

Signs of Dehydration:

Baby has:

- * dry, cracked lips, dry mouth/tongue
- * decreased number of wet diapers (refer to guideline provided)
- * dark and/or strong smelling urine
- * weak cry
- * increased sleepiness
- * weight loss

For Further Information

Telephone Advice:

If you have concerns or questions related to breastfeeding **from 0-7 days after birth**, Breastfeeding Support Services staff are available seven days a week between 8:00 a.m. and 4:00 p.m. Please call **(519) 749-4355**.

or

If you have concerns or questions related to breastfeeding or baby care **at any age**, please call:

- Child and Family Health, Region of Waterloo Public Health, Community Health Department, Regional Municipality of Waterloo, **(519) 575-4400, TTY (519) 575-4608**

OR

- Telehealth Ontario at 1-866-797-0000

Questions Regarding Breastfeeding?:

Refer to "Breastfeeding Your Baby" included in your discharge teaching package or visit our website at

<http://www.grandriverhospital.on.ca/Breastfeeding>

What to Expect of a Breastfed Baby

Day of Age	Number of Feeds (in 24 hours)	Number of Stools (in 24 hours)	Number of Wet Diapers (in 24 hours)
One	A minimum of four to five feedings in first 24 hrs.	At least one to two, black or dark green.	At least one or more.
Two	Eight or more feeds in 24 hours Cluster feeding/frequent feeding is normal and most often occurs in the evening and at night. It may last for 12 or more hours. This helps baby establish breastfeeding and encourages your milk to come in.	At least one to two black or dark green.	At least two or more.
Three	Expect eight or more feedings in 24 hours. Cluster feeding (see day two) is normal.	At least three per day, brown, green or yellow/seed/watery.	At least three or more.
Four	Expect eight or more feedings in 24 hours	At least three per day, brown, green or yellow/seed/watery.	At least four or more.
Five and on	Expect eight or more feedings in 24 hours	One or more, large yellow	At least six heavy wet

Reference: <http://www.bfmed.org/Media/Files/Protocols/Protocol%203%20English%20Supplementation.pdf>

When latching . . .

- Baby and mother are tummy to tummy with baby's bottom tucked in tightly
- Baby's nose pointing up towards your nipple
- Support the back of baby's shoulders with the palm of your hand
- Allow baby's head to tilt back slightly
- Brush your nipple against baby's upper lip and wait for a wide open mouth
- Bring baby quickly to your breast with your nipple aimed to the roof of the mouth
- Ensure your baby takes a big mouthful of your breast and does not only suck on the nipple
- Your baby's cheeks and chin should touch the breast, the nose should not
- Baby's mouth should cover more of the areola (dark area around nipple) below the nipple than above it
- A good latch should not be painful or cause damage to the nipple
- Offer both breast at each feeding, minimum 8 feedings in 24 hours

Skin-To-Skin

Description:

Mom/support person hold baby (diaper only) in an upright position against the naked skin (chest)

Benefits:

- Improves infant comfort
- Increases parent-infant bonding and attachment
- Increases potential for a deep sleep
- Decreases crying
- Baby's heart rate, breathing and temperature will be more stable
- Baby draws heat from your body saving energy to be able to eat and gain weight
- Increase parents' confidence to handle and care for baby
- Helps to increase milk production
- Helps your baby learn to breastfeed sooner

Baby's Feeding Record

* You should continue to wake your baby through the night until he/she has regained his/her birth weight. This may take 2-3 weeks.

Date Time	Skin-to-Skin (✓)	Feeding		Sucking		Hand Express (mL)	Pump (mL)	Void (✓)	Stool Colour	Comments
		Left (✓)	Right (✓)	Nutritive (✓)	Non-Nutritive* (✓)					

* Ensure baby is drinking. Use breast compressions to increase milk flow when baby is sucking but not drinking. To see what good drinking looks like, visit www.breastfeedinginc.ca.