

## IS MY BABY GETTING ENOUGH MILK?

*Bottle feeding moms observe the bottle,  
Breastfeeding moms observe **the baby***

- You are able to see/hear the baby sucking and swallowing
- Observe baby's body language
- Baby regains birth weight by age 2 weeks
- Between day two and three, baby's poop begins to change from black to green, then changes to mustard yellow "curd like" poop by day five.
- 24 hours after milk comes in, baby is having at least 5 wet diapers per day
- After milk has come in, baby gains about 1 oz per day or 6 oz per week. (for the first three months, then at month 4, the amount of weight gained per day begins to decrease.)