



Baby's Schedule Tracker

How often should a baby be nursing? Frequent nursing encourages good milk supply and reduces engorgement. Aim for nursing at least 10 – 12 times per day (24 hours). ***You CAN'T nurse too often—you CAN nurse too little.***

Your milk should start to “come in” (increase in quantity and change from colostrum to mature milk) between days 2 and 5. To minimize engorgement: nurse often, don't skip feedings (even at night), ensure good latch/positioning, and let the baby finish the first breast before offering the other side. To decrease discomfort from engorgement, use cold compresses between feedings. If the baby is having trouble latching due to engorgement, use reverse pressure softening or express milk until the nipple is soft, then try latching again.

Some moms worry about milk supply. As long as the baby is gaining well on mom's milk alone, then milk supply is good. Between weight checks, a sufficient number of wet and dirty diapers will indicate that the baby is getting enough milk.

Dirty diapers: In the early days, a baby typically has one dirty diaper for each day of life (1 on day one, 2 on day two...). After day 4, stools should be yellow and the baby should have at least 3-4 stools daily that are the size of a US quarter (2.5 cm) or larger. Some babies stool every time they nurse, or even more often—this is normal, too. The normal stool of a breastfed baby is loose (soft to runny) and may be seedy or curdy. After 4-6 weeks, some babies stool less frequently, with stools as infrequent as one every 7-10 days. As long as the baby is gaining well, this is normal.

Wet diapers: In the early days, a baby typically has one wet diaper for each day of life (1 on day one, 2 on day two...). Once mom's milk comes in, expect 5-6+ wet diapers every 24 hours. To feel what a sufficiently wet diaper is like, pour 3 tablespoons (45 mL) of water into a clean diaper. A piece of tissue in a disposable diaper will help you determine if the diaper is wet. After 6 weeks, wet diapers may drop to 4- 5/day but the amount of urine will increase to 4-6+ tablespoons (60-90+ mL) as the baby's bladder capacity grows.



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Baby's Name: _____ Date: _____

Time	Breast Left/ Right	Pump (oz/mL) Left/ Right	Bottle (oz/mL)	Diaper Urine/Stool	Sleep (duration)

