

Breastfeeding in the First Week

Day	Feeding Behaviors/ Breastfeeding Cues	Feeding times (goal 8-12)	Dirty diapers	Wet diapers
1	Initial alertness "practice feeding" Sleepiness Cluster of feedings	12 1 2 3 4 5 6 7 8 9 10 11 AM 12 1 2 3 4 5 6 7 8 9 10 11 12 PM	S Black tarry	W
2	Increase in feedings Longer or more frequent feeds Learning to latch well Some sleepy periods	12 1 2 3 4 5 6 7 8 9 10 11 AM 12 1 2 3 4 5 6 7 8 9 10 11 12 PM	SS Brown tarry	W W
3	Period of very frequent feedings Baby restless and eager to breastfeed	12 1 2 3 4 5 6 7 8 9 10 11 AM 12 1 2 3 4 5 6 7 8 9 10 11 12 PM	SS Green	W W W
4	Milk plentiful OR Overfullness/engorgement if baby not encouraged to cluster feed earlier Baby may be jaundiced and sleepy. Wake to feed.	12 1 2 3 4 5 6 7 8 9 10 11 AM 12 1 2 3 4 5 6 7 8 9 10 11 12 PM	SSS Yellow	W W W W
5	Obvious signs of baby drinking while sucking	12 1 2 3 4 5 6 7 8 9 10 11 AM 12 1 2 3 4 5 6 7 8 9 10 11 12 PM	SSS Yellow	W W W W W
6	Baby learning to feed well Nipples and breasts are comfortable	12 1 2 3 4 5 6 7 8 9 10 11 AM 12 1 2 3 4 5 6 7 8 9 10 11 12 PM	SSSS Yellow	W W W W W W
7	Baby forming his/her own patterns Feeding about every 2-3 hours	12 1 2 3 4 5 6 7 8 9 10 11 AM 12 1 2 3 4 5 6 7 8 9 10 11 12 PM	SSSS Yellow	W W W W W W