

# BABY

My Name: \_\_\_\_\_ My Room: \_\_\_\_\_

My Mother: \_\_\_\_\_

My Birthdate: \_\_\_\_|\_\_\_\_|\_\_\_\_ Time: \_\_\_\_\_

Weight: \_\_\_\_\_ Length: \_\_\_\_\_

Head: \_\_\_\_\_ Chest: \_\_\_\_\_

My Doctor: \_\_\_\_\_



## **How do I know if my baby is breastfeeding well?**

- You can see or hear your baby swallowing during feeding.
- Your breasts are fuller before feedings and softer after feedings, especially in the early weeks of breastfeeding

By four days of age your baby will:

- need to breastfeed at least eight times in 24 hours;
- have at least four wet diapers in 24 hours;
- have at least three bowel movements in 24 hours;
- have pale, odourless urine; and
- have bowel movements that are mustard yellow in colour.



*If you have any questions about breastfeeding, please talk to your nurse.*