

How do I know if I am breastfeeding my baby enough?

It doesn't take much to fill up your baby. At birth, your baby's stomach is no bigger than a marble (1 -2 teaspoons). By day 10 your baby's stomach can hold 2 ounces.

Your baby should also soil diapers a certain number of times throughout the day. See the chart below from the Women, Infants and Children (WIC) program breastfeeding guide.

If you do not see this volume of diapers, increase the number of feedings to at least every 2 hours.

Baby's Age	Wet Diapers	Dirty Diapers
1 Day old	●	●
2 Days old	● ●	● ●
3 Days old	● ● ●	● ●
4 Days old	● ● ● ●	● ● ●
5 Days old	● ● ● ● ●	● ● ●
6 Days old	● ● ● ● ● ●	● ● ● ●
7 Days old	● ● ● ● ● ●	● ● ● ●



Days 1-2
Black, thick, and sticky






Days 3-4
Greenish to yellow and less thick



Days 5
Mustard or yellow, seedy and watery

If you have any concerns contact your pediatrician or lactation consultant. For breastfeeding support call Eisner Health's Lactation Warm line at **(213) 905-2273**.



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