



IS YOUR BABY GETTING ENOUGH MILK?

During the first few weeks of life, it's a good idea to keep track of how many times your newborn feeds, urinates, and has a bowel movement in a day. Here's an easy-to-use chart that will also come in handy during your follow-up with the nurse at home.

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TRACKING CHART

MONDAY	FEEDING	BOWEL MOVEMENT	URINATION												
Morning															
Afternoon															
Evening/Night															
TUESDAY	FEEDING	BOWEL MOVEMENT	URINATION												
Morning															
Afternoon															
Evening/Night															
WEDNESDAY	FEEDING	BOWEL MOVEMENT	URINATION												
Morning															
Afternoon															
Evening/Night															
THURSDAY	FEEDING	BOWEL MOVEMENT	URINATION												
Morning															
Afternoon															
Evening/Night															
FRIDAY	FEEDING	BOWEL MOVEMENT	URINATION												
Morning															
Afternoon															
Evening/Night															
SATURDAY	FEEDING	BOWEL MOVEMENT	URINATION												
Morning															
Afternoon															
Evening/Night															
SUNDAY	FEEDING	BOWEL MOVEMENT	URINATION												
Morning															
Afternoon															
Evening/Night															

Some guidance

- During the first week of life, a newborn will pee a little more each day. For example, they'll pee once on day 1, 3 times on day 3, and 5 times on day 5. After 5 days, they will wet at least 6 diapers a day.
- During the first 4 to 6 weeks of life, a baby will have 3 to 10 bowel movements a day.
- In the first few weeks, a breastfed baby will feed 8 or more times a day and a formula-fed baby will feed 6 or more times a day.
- Don't expect your baby to feed on a fixed schedule. In fact, feeding times tend to vary from one baby to the next, and can even change from day to day, especially during the first few weeks. That's why it's important to recognize the signs that your baby is hungry or full.

Breastfeeding resources that offer support, coaching, and information to mothers and their families:

- La Leche League Canada: lllc.ca or 514-842-4781
- The Nourri-Source Federation: nourri-source.org/en or 1-866-948-5160

If you're not sure whether your baby is eating enough, call your CLSC, midwife, or doctor.