














# GUIDELINES FOR NURSING MOTHERS

Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS		
<b>How Often Should You Breastfeed?</b> Per day, on average over 24 hours	 <p>At least 8 feeds per day (every 1 to 3 hours). Your baby is sucking strongly, slowly, steadily and swallowing often.</p>								
<b>Your Baby's Tummy Size</b>	 <p>Size of a cherry</p>		 <p>Size of a walnut</p>		 <p>Size of an apricot</p>		 <p>Size of an egg</p>		
<b>Wet Diapers:</b> <b>How Many, How Wet</b> Per day, on average over 24 hours	 <p>At least 1 WET</p>	 <p>At least 2 WET</p>		 <p>At least 3 WET</p>		 <p>At least 4 WET</p>		 <p>At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE</p>	
<b>Soiled Diapers:</b> <b>Number and Colour of Stools</b> Per day, on average over 24 hours	 <p>At least 1 to 2 BLACK OR DARK GREEN</p>		 <p>At least 3 BROWN, GREEN, OR YELLOW</p>		 <p>At least 3 large, soft and seedy YELLOW</p>				
<b>Your Baby's Weight</b>	Babies lose an average of 7% of their birth weight in the first 3 days after birth.				From Day 4 onward your baby should gain 20 to 35g per day (¾ to 1½ oz) and regain his or her birth weight by 10 to 14 days.				
<b>Other Signs</b>	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.								



# Breastfeeding Benefits

## For Mom



Breastfeeding burns as many as **500 extra calories each day**, which may make it easier to lose the weight you gained during pregnancy.



Women who breastfeed longer have **lower rates of type 2 diabetes, high blood pressure, and heart disease.**



Women who breastfeed have **lower rates of breast cancer and ovarian cancer.**



Breastfeeding triggers the release of **oxytocin** that causes the **uterus to contract** and may **decrease the amount of bleeding you have after giving birth.**



## For Baby



Breast milk has the right amount of **fat, sugar, water, protein, and minerals** needed for a baby's growth and development.



Breast milk is **easier to digest than formula**, and breastfed babies have **less gas, fewer feeding problems, and less constipation.**



Breast milk contains **antibodies that protect infants** from certain illnesses, such as ear infections, diarrhea, respiratory illnesses, and allergies.



Breastfed infants have a **lower risk of sudden infant death syndrome.**



If your baby is born preterm, **breast milk can help reduce the risk of many of the short-term and long-term health problems.**



# BREASTFEEDING?

## Eat Healthfully!

Eating a balanced diet is key to getting the full range of nutrients that you need when you're breastfeeding

Follow MyPlate's advice and...

- **Fill half your plate with fruits and vegetables** at each meal.
- Make sure that at least half of all the grains you eat are **whole grains**.
- Eat a variety of **lean protein** foods.
- **Drink 3 cups of milk** or the equivalent each day.

Avoid foods that are high in saturated fat, trans fat, and added sugars. They often contain tons of empty calories, offer little nutritional value, and can be bad for your health.



## Drink More Water!

When you breastfeed, your need for water increases. Try...

- Drinking a glass of water every time you breastfeed.
- Adding fresh fruit slices or sprigs of herbs to your water. It's better for your health if you drink water instead of sugary drinks.



Use **MyPlate** and its fantastic breastfeeding information tools for guidance about healthful eating and balanced meals.



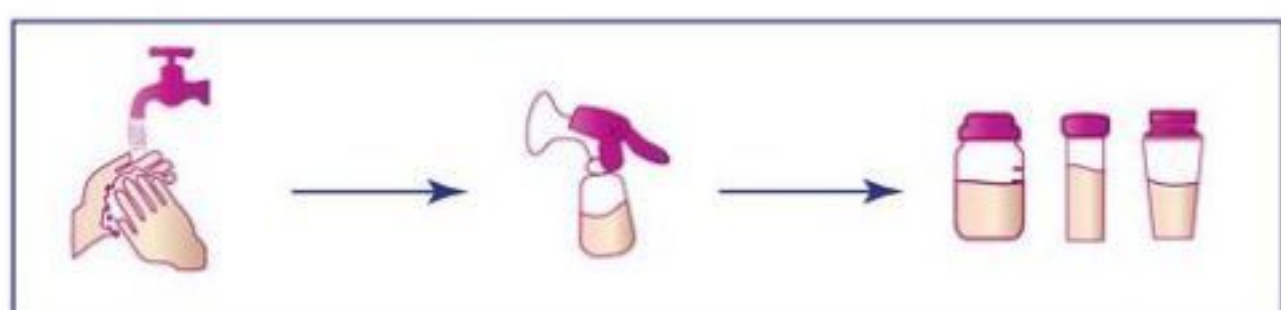
What's on your plate? Before you sit down for a meal, ask yourself -- Is my plate **balanced**? Is it **nutrient-dense**? Eat a variety of foods from each food group throughout the day.



When you're breastfeeding, if you aren't losing some of the weight you gained during your pregnancy, it would be wise to cut back on foods that have lots of empty calories.



# Breast milk storage Guidelines



**Breast milk could stand**

Up to  
**4**  
HOURS



@ Room Temperature



in Hot Sunny day

Up to  
**8**  
HOURS



@ Room Temperature



in Normal to cold weather

Up to  
**24**  
HOURS



@ Ice Bag



in outdoor picnic

Up to  
**14**  
Day

in



@ Freezer of One door refrigerator (Old style)

Up to  
**8**  
Days

in



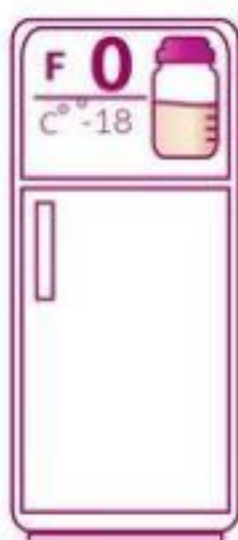
@ Refrigerator

Jan	Feb	Mar
Apr	May	Jun

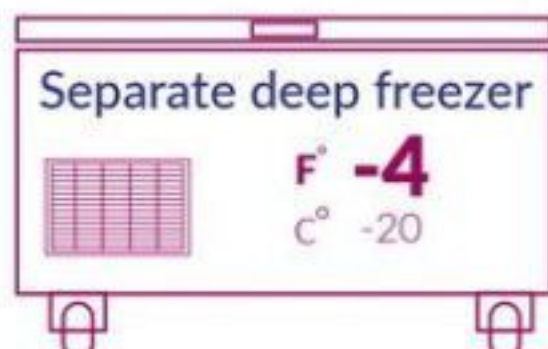
Up to  
**6 months**

Jan	Feb	Mar
Apr	May	Jun
Jul	Aug	Sep
Oct	Nov	Dec

Up to  
**12 month**



Freezer with separate door



## References

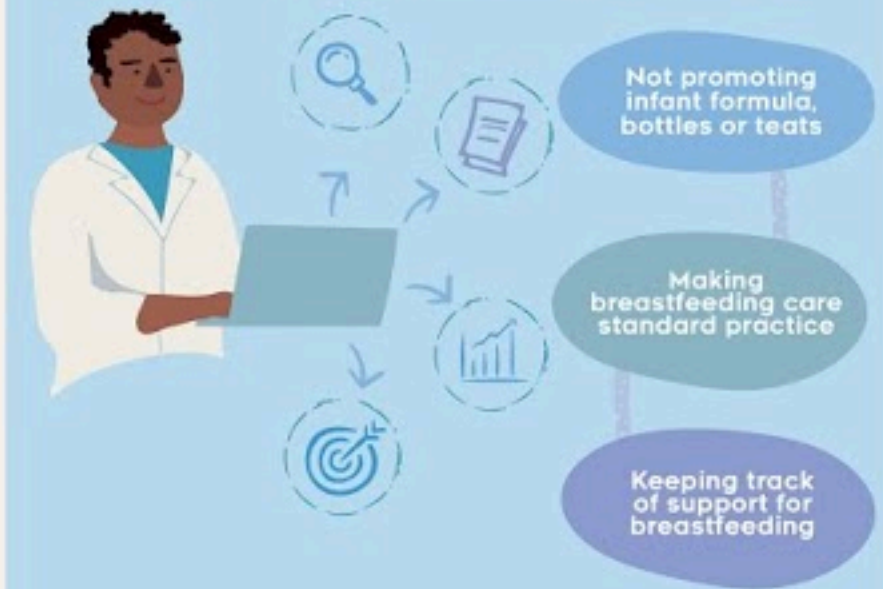
- The Academy of Breastfeeding Medicine Protocol Committee  
<http://www.bfmed.org/Media/Files/Protocols/Protocol20%-20%208%English20%revised202010%.pdf>
- The American Academy of Pediatrics  
<http://www2.aap.org/breastfeeding/faqsBreastfeeding.html>
- Australian Breastfeeding Association  
<https://www.breastfeeding.asn.au/bf-info/breastfeeding-and-work/expressing-and-storing-breastmilk>
- Kellymom.com  
<http://kellymom.com/bf/pumpingmoms/milkstorage/milkstorage/>



# The TEN STEPS to Successful Breastfeeding

## 1 HOSPITAL POLICIES

Hospitals support mothers to breastfeed by...



## 2 STAFF COMPETENCY

Hospitals support mothers to breastfeed by...



## 3 ANTENATAL CARE

Hospitals support mothers to breastfeed by...



## 4 CARE RIGHT AFTER BIRTH

Hospitals support mothers to breastfeed by...



## 5 SUPPORT MOTHERS WITH BREASTFEEDING

Hospitals support mothers to breastfeed by...



## 6 SUPPLEMENTING

Hospitals support mothers to breastfeed by...



## 7 ROOMING-IN

Hospitals support mothers to breastfeed by...



## 8 RESPONSIVE FEEDING

Hospitals support mothers to breastfeed by...



## 9 BOTTLES, TEATS AND PACIFIERS

Hospitals support mothers to breastfeed by...



## 10 DISCHARGE

Hospitals support mothers to breastfeed by...

