BREASTFEEDING: IS PĒPI GETTING ENOUGH? 1 WEEK - 6 MONTHS

MIMI (WEE)
5-8 heavy wet nappies every 24 hours

KAKA (POO)
- Kaka are generally yellowish, soft and squishy
- Pēpi poos most days
- Pēpi might look like it is straining but breast milk kaka will always be soft.
- Kaka may be green occasionally

FEEDS
- Pēpi will generally feed between 8 and 12 times over the day and night, often having a period of the day (usually evening) when they want to be feeding lots
- Feeds usually take less than 40 minutes and pēpi is happy and settled after feeding
- Pēpi has wakeful alert times between day feeds

BREASTS
- Nipples don't look squashed after feeds
- Breasts get heavier between feeds (after day 3) and feel noticeably softer and lighter after feeds
- Nipple tenderness should ease as baby perfects latch and nipples get used to feeding

THESE ARE GENERAL GUIDELINES. IF YOU ARE CONCERNED ABOUT PĒPI, TALK TO YOUR MIDWIFE. IT IS VERY NORMAL FOR PĒPI TO HAVE A PERIOD OF AROUND 48 HOURS EVERY FEW WEEKS WHERE THEY ARE WANTING TO FEED CONSTANTLY. THIS WILL INCREASE THE MILK AVAILABLE TO THEM AS THEY GROW AND IS VERY NORMAL.