

# 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.**