

BREASTFEEDING: IS PĒPI GETTING ENOUGH? FIRST WEEK

AMOUNT OF MIMI (WEE)



of wet nappies = number of days old up until day 5 or 6

- day 1 = one wet nappy
- day 2 = 2 wet nappies etc

by day 5 or 6 you should be getting 5-8 heavy wet nappies each day.

COLOUR OF KAKA (POO)



- Kaka will change in colour and texture from black and sticky on day 1 to soft and yellowish on day 5 and beyond.
- Pēpi should poo every day and will probably poo a number of times a day
- Pēpi might look like it is straining but breast milk kaka will always be soft.

FEEDS



- Pēpi feeds for 10 - 45 minutes per feed (usually taking two sides)
- Pēpi wakes regularly for feeds and falls asleep after most feeds
- Pēpi has 8 -12 feeds in each 24 hour period
- swallows can be seen or heard (ask your midwife to show you how to see and hear these)

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

YOUR MIDWIFE WILL BE VISITING YOU REGULARLY OVER THIS TIME. MAKE SURE YOU ASK THEM WHAT KINDS OF THINGS YOU SHOULD BE LOOKING OUT FOR TO ENSURE PĒPI IS GETTING ENOUGH. THEY WILL ALSO WEIGH PĒPI BY THE END OF THE FIRST WEEK FOR EXTRA ASSURANCE. IT IS NORMAL FOR PĒPI TO LOSE A BIT OF WEIGHT IN THE FIRST WEEK AS THEY GET GOING.