



BREASTFEEDING MILESTONES



	Day 1	Day 2
Baby's Stomach Size	Tiny! About the size of a cherry.	About the size of a smaller walnut.
Number of Feedings	Try for 8 (It's ok if it's only 2-3)	8-12
Number of Wet Diapers	One	Two
Number of Dirty Diapers	One	Two
Color of Stool	Black & Sticky (It's called meconium)	Black/Brown
Goals	<ul style="list-style-type: none"> » Skin-to-skin » Comfortable latch 	<ul style="list-style-type: none"> » Learning different positions » Comfortable latch » Keeping baby active at breast

For more info, reach out to www.thefirstparents.com

	Day 3	Day 4
Baby's Stomach Size	Growing! About the size of a larger walnut.	About the size of an apricot.
Number of Feedings	8-12	8-12
Number of Wet Diapers	Three+	Six+
Number of Dirty Diapers	Three+	Six + (One almost every feed)
Color of Stool	Black/Green	Yellow, Loose & Seedy
Goals	» Gaining comfort/confidence	» Breast comfort » Baby beginning to gain weight

For more info, reach out to www.thefirstparents.com

