

## Typical Newborn Feeding Patterns\*

DAY/Time (e.g. Weds 5pm to Thurs 5pm)	NUMBER OF BREASTFEEDS	BEHAVIORS	WET DIAPERS	STOOLS	TYPE
<b>Day 1</b> 0-24 hours _____ _____	6+ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>BABY:</b> Tiny tummy, sleepy, quiet swallows <b>PARENTS:</b> Sleepy, Learning	$\geq 1$ <input type="checkbox"/>	$\geq 1$ <input type="checkbox"/>	Black/Sticky
<b>Day 2</b> 24-48 hours _____ _____	<b>Feeding Frenzy</b> 8+ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>BABY:</b> Tiny tummy, more wakeful, quiet swallows; might cluster feed <b>PARENTS:</b> Tired, worried about baby getting enough	2-3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	1-2 <input type="checkbox"/> <input type="checkbox"/>	Black/Brown
<b>Day 3</b> 48-72 hours _____ _____	<b>ALL DAY CAFÉ</b> $\geq 8$ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>BABY:</b> Tummy expanding; baby very interested in feedings, fussy <b>PARENTS:</b> Tired, teary, worried about baby getting enough; mom's nipples may be slightly sore	4-6 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	$\geq 3$ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Transitional Brown/Green
<b>Day 4</b> 72-96 hours _____ _____	<b>Milk Production Increases</b> $\geq 8$ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>BABY:</b> More settled after feedings; feedings may be shorter; might gulp <b>PARENTS:</b> Mom's breasts may swell and feel fuller; parents more confident about baby getting enough	4-6 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	$\geq 4$ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Transitional Green/Yellow
<b>Day 5</b> >96 hours _____ _____	<b>Baby Growing</b> $\geq 8$ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>BABY:</b> Continues to feed 8-12x /day with occasional cluster feeding <b>PARENTS:</b> Becoming more confident and comfortable with baby and breastfeeding	6-8 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	$\geq 4$ <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Yellow/Seedy

**Do Not Restrict Your Baby From Breastfeeding. If You Are Having Difficulty Waking Your Baby For Feedings, Ask For Assistance. 😊**

\*Based on standards from the American Academy of Pediatrics and American College of Obstetricians and Gynecologists, *Breastfeeding Handbook for Physicians*, 2023.

Adapted from Massachusetts Department of Health and Human Services, *Becoming Baby-Friendly: Practical Solutions Toolkit*