

Nourished & Connected

Is My Baby Getting Enough?

Output

What goes in must come out., mostly.

Wet Diapers

- ☐ Day 1-2: 1-2 wet
- ☐ Day 3-4: 3-5 wet
- ☐ Day 5+: 6+ heavy wet

Soiled Diaper Transition

- ☐ Black/Sticky (Meconium)
- ☐ Green/Brown (Transition)
- ☐ Yellow/Seedy (Mature)

Measurable Signs

- ☐ Nursing Frequency: Nursing 8-12 times per 24 hour period
- ☐ Weight Gain #1: Baby should regain to birth weight by around day 14
- ☐ Weight Gain #2: 5.5-8.5 ounces per week until 4 months of age

Active Feeding: Visual Clues

- ☐ Deep Swallow: Look for the "chin-drop" and hear the soft "ka" or "huff."
- ☐ Relaxed Hands: Notice fists opening as baby feeds
- ☐ Breast Softening: Feeling the change from full to soft is a sign of transfer.

I am the expert on my baby. I trust the rhythm we are building together. My body and my baby are in a constant, beautiful conversation."

Facts

Remember these empowering facts when things feel overwhelming:

- Colostrum (first milk) IS milk.
- The pump is a machine; it cannot measure my true capacity, or my baby's skill.
- Fussiness is a request for comfort, not always a sign of "not enough."
- Breasts that feel "empty" are simply regulated and ready for the next request.

Reflection Space

Today, I noticed my baby was satisfied when...

Reflection Space

Today I noticed I felt confident when:

Reflection Space

Today, I noticed _____ when:

*I can trust the process -and- ask for help when I am unsure.
I am building my confidence day by day.*