

Breastfeeding in the first week

	First 24 hours (day 1)	24 – 48 hrs (day 2)	48 – 72hrs (day 3)	72 – 96hrs (day 4)	Day 5-6	Day 7 plus
Breasts	Soft	Soft	Becoming fuller and firmer	Full and Firm	Full Softening after feeds	Full Softening after feeds
Number of feeds in 24 hours	First feed within 1-2 post birth 3 – 4 feeds	8-12 feeds	8-12 feeds	8-12 feeds	8-12 feeds	8-12 feeds
Breastmilk	Colostrum ½ - 1 teaspoon per feed	Colostrum 1-2 teaspoons each feed	Milk coming in – whiter in colour	Increase in milk	Increase in milk	Lots of milk available
Stomach size in mls	5-7mls (size of cherry)	Expanding	22 -26mls (size of walnut)	Expanding	Expanding	45 – 60mls (size of apricot)
How often may baby feed	2-8 hours	May feed every 2-3 hours Baby may begin to cluster feed	May feed every 1-3 hours Baby may cluster feed	2 – 4 hours	3 – 4 hours	3 – 4 hours
Urine (pee)	At least 1 wet nappy	At least 2 wet nappies	At least 2-3 Wet nappies (maybe concentrated)	At least 3-4 pale wet nappies Nappies should feel heavier	At least 4-6 pale wet nappies Nappies should feel heavier	At least 6 pale wet nappies Nappies should feel heavier
Bowels (poo)	At least 1 thick, sticky “tar-like substance” Black/green colour	At least 2 Black/green Less sticky	At least 3 Softer becoming green/brown	Softer or runny orange/yellow colour	Frequently may be with each feed Runny or pasty yellow with lumps	Frequent at least 2 per day Runny or pasty yellow with lumps
Behavior	Generally settled	Becoming unsettled	Very unsettled	Becoming settled but still feeding often	Starting to settle	Usually settled after a feed

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<https://www.breastfeeding.asn.au/resources/first-week>