



Women's, Infants, and Children
Supplemental Nutrition Program

Department of Public Health
City and County of San Francisco

Your Guide to Breastfeeding

How To Tell If Baby Is Getting Enough Milk

Urine (pee)

One way to know if your baby is getting enough milk is by counting diapers.

On the first day, your baby will wet one diaper. On the second day it will wet two diapers. On the third – three wet diapers. On the fourth, four wet diapers. By the fifth day, your baby should be wetting 6 to 8 diapers. This will tell you that your baby is getting enough milk.

Bowel movements (b.m. or poop)

The breastfed baby's bowel movements should look like yellow cottage cheese. Breastfed babies have b.m. that is a different color and texture from babies who drink formula. These yellow b.m.s are normal and show that the baby is getting enough milk. If the bowel movements are still dark or green or brown on your baby's fifth day, take your baby to a doctor.

Your breasts should feel full before feeding, and soft after feeding.

Signs of milk let down

You should hear the baby gulping and swallowing while nursing. This is a sign that your milk is "letting down" (flowing) for the baby. A feeling of "pins and needles" in your breasts or milk dripping or squirting from the breasts are also signs that your milk is letting down.

Breastfeed often. Babies need to breastfeed at least 8 times in 24 hours. That means starting a feeding every 2-3 hours day **and** night.

In the first two weeks you may need to wake your baby for feeding if she sleeps over 3-4 hours.

If you are concerned about your baby getting enough milk, call your doctor.

For breastfeeding questions, pump loans, classes, or other help, call your WIC Clinic.

Standards for participation in the WIC Program are the same for everyone regardless of race, religion, national origin, color, sex, political beliefs or handicaps. Persons believing they have been discriminated against may write to: Secretary of Agriculture, United States Department of Agriculture, Washington D.C. 20250.
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