



your baby has had a wet diaper equal to 2 or 3 wet cloth diapers.

- A wet disposable or cloth diaper should be a light yellow color.
- Usually the newborn's stools or "messy" diapers will appear dark green-black. As the mother's milk begins to come in, it changes to a yellow-brown seedy stool, and then to a yellow or mustard-colored, loose stool.

### 3. WEIGHT:

- When you see your baby's doctor at 2 to 3 weeks, your baby should be back up to birth weight. Remember, all babies lose weight the first few days of life and begin to gain their weight back slowly once your milk begins to come in.
- Babies have growth spurts at about 7 to 10 days, 6 weeks, 3 months and 6 months. They may want to nurse more frequently at these times. Don't mistake this as a sign that you don't have enough milk.

Maternal signs that breast-feeding is going well:

- Your breasts may feel full before nursing if you are nursing every 2 to 3 hours. They may not feel full if you are nursing every hour. Your breasts should feel softer after nursing.
- During the first week after delivery, you may feel cramping of your uterus or notice heavier, bright red vaginal bleeding after breast feeding.
- You may feel thirsty while nursing.
- You will often feel sleepy or relaxed during and after nursing.
- You may notice a tingling, tightening or stretching feeling in your breasts while breast feeding or notice leaking of milk from the other breast while nursing on one side. This is called "let-down."



If you have any questions,  
call your doctor  
or your baby's doctor.