A healthy term baby:

• Wakes up to eat 8 to 12 times in 24 hours
• Poops (breastfed baby’s poop is soft or runny)
  Black poop for the first 2 days
  Green poop for the next 2 days
  Yellow poop by 5 to 7 days after birth
  (3 or more poops a day or one diaper full)
• Starts gaining weight after day 4 to 5
  (check the naked weight once 2 to 3 days after coming home from the hospital)

Free help with breastfeeding:

TMC Hospital Hill
2301 Holmes
Kansas City, MO 64108
Lactation Services 816-404-0474

TMC Lakewood
7900 Lee’s Summit Road
Kansas City, MO 64139
Lactation Services 816-404-8260
My Breastfeeding Plan

Before my baby is born, I will:
• Talk about breastfeeding with a woman who liked it.
• Watch other women who are breastfeeding.
• Go to a class about breastfeeding or childbirth.
• Tell everyone in my family that I am breastfeeding.
• Find someone to help me with housework for a week after I get home with my new baby.

In the hospital, I will:
• Bring someone to be with me while in labor.
• Tell every nurse, doctor and midwife that I will breastfeed.
• Keep my baby skin to skin, next to my heart, as soon as possible after birth.
• Watch my baby find my breast and start breastfeeding.
• Hold my baby close to see my face. Babies love to look at faces.
• Ask for help if I am having trouble breastfeeding.

After my baby is born, I will:
• Keep my baby in my room all the time, so I will see when my baby shows me it is time to breastfeed.
• Hold my baby as much as possible. Babies want to breastfeed when they can feel and smell their mothers. Holding my baby skin to skin is best for learning breastfeeding.
• Breastfeed! My baby may want to breastfeed 8 to 12 times in 24 hours. I can keep my new baby from turning yellow if I breastfeed this much.
• Learn how to squeeze milk out of my breast with my hand.
• Try breastfeeding standing up.
• Wait 2 weeks before giving my baby any bottles or pacifiers.
• Refuse any formula samples.
• Ask for help if I have pain or questions during or after breastfeeding.