

Breastfeeding in the first week after your baby is born

How your breasts will feel

Your breasts will feel soft just after your baby is born and then become more firm as you produce more milk.

Day 1	Day 2	Day 3	Day 4	Day 5-6	Day 7
Soft	Soft	Becoming fuller and firmer, may see blood vessels on breasts	Full and firm	Full Soften after breastfeeding	Full Soften after breastfeeding

What your breastmilk will look like

Breastmilk in the first few days is called colostrum. It's more yellow than white and you will only have a small amount. Within the first week you will start producing more milk that will get paler in colour.

Day 1	Day 2	Day 3	Day 4	Day 5-6	Day 7
Colostrum -thick, clear yellow/orange ½ - 1 teaspoons produced each feed	Colostrum 1 – 2 teaspoons each feed	Milk coming in, whiter colour than day before	More milk	Whiter in colour	Lots of milk available

Your baby's feeding behaviour

Your baby's feeding behaviours will change over the week. It's important to have as much skin to skin contact with your baby as possible. Feeding on demand (feeding whenever your baby is hungry) allows your body to make as much milk as your baby needs.

Day 1	Day 2	Day 3	Day 4	Day 5-6	Day 7
Feed within the first 2 hours after birth . After the first feed, your baby may sleep for 4-6 hours or be awake and feed often.	Baby usually more active and awake. Often unsettled especially at night. More settled when cuddled/held skin to skin.	Many babies continue to wake and feed often, especially at night. Others sleep for longer periods between feeds.	Many babies continue to wake and feed often.	Babies feed more often at night. More sleep time during the day between breastfeeds.	



What feeds will be like

Feeds should be baby-led (your baby decides when they want to feed). You will learn your baby's feeding cues after a few days (signs that they want to feed). Skin to skin contact with your baby is important.

Day 1	Day 2	Day 3	Day 4	Day 5-6	Day 7
At least 3-4 feeds , may be many more. Offer both breasts and lots of skin to skin contact time. Baby swallows after some sucks.	8-12 feeds Feed more often to help you make more milk. May feed often for 1-3 hours then have a break of 2-3 hours.	8-12 feeds , maybe more. Sucking and swallowing heard. Feed again if baby is unsettled.	8- 12 feeds May suck and swallow for 2-3 minutes, then pause for up to 30 seconds, then restart.	8- 12 feeds Sucking and swallowing heard/seen. Feed from one breast until comfortable then offer the other.	8- 12 feeds Sucking and swallowing heard/seen. Cluster feeds (lots of feeds in a short time) late in the day common.

How much your baby will pee

Day 1	Day 2	Day 3	Day 4	Day 5-6	Day 7
At least 1 wet nappy	At least 2 wet nappies	At least 2-3 wet nappies Pink/orange stain in nappy is common	At least 3-4 pale wet nappies Nappies feel heavier	At least 4-6 pale wet nappies Nappies feel heavier	At least 6 pale wet nappies

How much your baby will poo

Day 1	Day 2	Day 3	Day 4	Day 5-6	Day 7
At least 1 Thick, sticky 'tar-like' Black/ green poo	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

For more information about breastfeeding and what to expect after your baby is born, visit:

Australian Breastfeeding Association

<https://www.breastfeeding.asn.au/>

Breastfeeding Support: 1800 686 268

Pregnancy, Birth & Baby

<https://www.pregnancybirthbaby.org.au/>

Child health nurse: 1800 882 436

Raising Children Network

<https://raisingchildren.net.au/>



Health

Northern NSW
Local Health District

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