

What “Normal” Looks Like In The First Two Weeks

Days 1, 2, and 3:

Mom’s breasts are already producing colostrum (clear to yellow in color, sticky, small quantities), and this sustains baby while the mature milk comes in. Babies may want to feed every 2-3 hours round the clock, and feedings may take up to 45 minutes. Cramping during feedings is normal, but breast or nipple pain is not! Pain is a sign that something about the latch is not right. Babies are often sleepy, they are expected to lose a little weight at this point, and their poop (meconium) is black and sticky at first. The number of poops and pees should correlate to how many days old they are (1 poop and pee on day one, 2 poops and pees on day two, etc).

Days 3-5:

As the mature (white) milk begins to come in some moms will experience engorgement and breast fullness. Many moms find relief with a technique called “Reverse pressure softening,” and cold cabbage leaves. As the volume of milk increases babies will start to be more awake, and will likely want to nurse more frequently. This may also look like a fussier baby before feedings, and a relaxed, sleepy baby at the end of feedings. What goes in must come out, so the correlation of diapers to days old should continue to increase accordingly (3 poops and pees on day three, etc). Babies will also begin to gain weight as mom’s milk comes in. To help baby get back to birth weight feedings may occur every 2 hours during the day, and every 3 at night. About 1 ounce per day is the expected amount that a baby will gain. Every baby is different, so follow your baby’s hunger cues (hands to mouth, rooting, lip smacking, etc.) rather than a clock!

Days 6-14:

At this point many families feel like they start to get into a routine, where they can expect baby to wake for a diaper change, breastfeed, and then settle back down for more sleep every 2-3 hours. A great way to feel confident that baby is getting enough to eat is to be sure that baby is having at least 6 poops and pees in a 24 hour period. Another way to tell is to consider the way the breast feels before and after a feed. Often times, a mom can feel a difference in how full her breast tissue feels (this is also helpful to remembering which side to start with next time! The fuller breast is the one to start on). Yet another indicator of a satisfied baby is a baby who actively feeds for around 10-15 minutes (per side) before dozing off with softly curled hands and a relaxed face. There can be a few curve balls that arrive around the second week: leaking breasts, the baby’s healing belly button, and a growth spurt that can make you wonder what is going on with your little one. It’s all normal, but can be a little surprising if you don’t know to expect it!

If you need reassurance or help remember that there are numerous resources available to you. It takes a village, and the Portland Metro area is a great one to raise a family in!

Best,

Krystal Key, IBCLC

www.keylactation.com

Cell: 503-388-1576 Email: Krystal@keylactation.com