



HOW TO TELL BABY'S GETTING ENOUGH MILK

- » Breasts are softer after nursing
- » Baby is content
- » Baby nurses every 2-3 hours (8-10 times/24 hours)
- » Baby has 6 wet diapers/day (after day 4)
- » Baby has soft, yellow, watery stools (after day 4)
- » Baby is gaining weight

GROWTH SPURTS

- » 6-10 days » 3 weeks » 6 weeks
- » 3 months » 4-6 months
- » Baby will nurse more frequently for a couple days
- » Try not to give bottles

STORING TIMES FOR BREASTMILK

- » Room temperature - 4 hours, optimal
- » Fridge - 4 days, optimal
- » Freezer - 6 months, optimal

LACTATION PHONE: 701.780.5467