



Western Upper Peninsula Health Department **BREASTFEEDING**

The quarterly newsletter for breastfeeding information



HOW MUCH MILK DOES BABY NEED?

One of the most common concerns for any parent is if baby is getting enough milk

One big difference between breastfeeding and formula feeding, is that when you formula feed you know how much your baby is getting. But how do you know if they're getting enough while breastfeeding?

To start it off simply - our bodies are amazing and they are made for this.

When baby is born their stomach is only about the size of a marble. If you can picture that, you know how small that really is and how little they really need to fill their tummies. By day 3 their stomach is about the size of a ping pong ball. Bigger, yes, but still very small. By day 10 their stomach is about the size of an extra large chicken egg. Their stomachs will grow slower over time, reaching about 4 ounces per feeding by 3 or 4 months old.

Newborn Stomach Size Guide

Shooter Marble	=	Approximate stomach capacity of a newborn baby on day 1	Shooter Marble	Ping Pong Ball
			5-7 ml	22-27 ml
Ping Pong Ball	=	Approximate stomach capacity of a newborn baby on day 3	Extra-Large Chicken Egg	
			60-81 ml	
Extra-Large Chicken Egg	=	Approximate stomach capacity of a newborn baby on day 10		
Softball	=	Approximate stomach capacity of an adult		



*Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person
This institution is an equal opportunity provider*

Now that you know how big your baby's stomach is, we can talk about how to know your baby is getting enough.

There are a few of simple ways to recognize this.

#1 Follow a wet/dirty diaper chart. By monitoring how many wet and dirty diapers your baby has, you can ensure that they are receiving what they need. If they are not having much output or significantly lower amounts than a standard chart, this could very well mean that they aren't consuming enough. Little input = little output. Here is a chart you can follow. **IMPORTANT: Call your baby's doctor if your baby is not having an adequate amount of wet or poopy diapers.**

#2 Baby's weight gain.

After delivering your baby, you will go in for routine doctor appointments where they will weigh baby. If baby is *NOT* gaining weight, this is a big indicator that they are not getting enough milk. If you are concerned about baby's weight gain, talk to your doctor, or local WIC nurse. Little to no weight gain = little milk intake.

#3 Your breasts feel softer and not as full after a feeding. If you end a feeding with your breasts still feeling full and hard, chances are baby is having trouble actually removing milk. This can be a latch issue. Refer to *Edition 3: Steps & Signs to Achieve a Good Latch* to learn more about how to latch baby successfully or call your local Health Department or WIC Breastfeeding Peer Support.

Baby's Age	Wet	Poops
DAY 1 (birthday)	○	●
DAY 2	○○	●●●
DAY 3	○○○○	●●●
DAY 4	○○○○○	●●●
DAY 5	○○○○○	●●●
DAY 6	○○○○○	●●●
DAY 7	○○○○○	●●●

(The change of the colors on the right depicts the color of breastfed babies poop - going from tarry newborn poop to loose, yellow, and sometimes seedy.)



If at any point you feel concerned that your baby is not getting enough milk, don't hesitate to contact your doctor or local WIC peer counselor. There is no concern too small in parenthood. We want you to be confident in your breastfeeding journey and baby to be happy, healthy, and fed.

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