

Your baby should be breastfed at least 8 times in 24 hours. Feeding more often is normal and good.

- Listen when your baby swallows. You should hear the sound “caw”.
- It is normal, in the first 72 hours, to see “red, brick-colored” crystals (uric acid crystals) in the baby’s diaper.

Your baby should have:

- At 1 day old: **at least** 1 wet diaper and **at least** 1 to 2 dark green or black, soft sticky stools.
- At 2 days old: **at least** 2 wet diapers and **at least** 1 to 2 dark green or black, soft sticky stools.
- At 3 days old: **at least** 3 wet diapers and **at least** 3 brown, green or yellow, soft stools.
- At 4 days old: **at least** 4 **heavy** wet diapers and **at least** 3 brown, green or yellow, soft stools.
- At 5 days and older: **at least** 6 **heavy** wet diapers and **at least** 3 large, soft, yellowish, mustardy seedy stools.
- Returned to his or her birth weight by about 2 weeks of age.

Get help if any of the signs listed above are not present, or if:

- Your baby is very sleepy and hard to wake for feedings.
- Your baby is crying and will not settle after feedings.
- Your nipples are sore and do not start to get better.
- You have a red painful area on your breast.
- You have fever, chills, flu-like symptoms.

In addition to your doctor or midwife, help is also available:

Monday to Friday

- **Ottawa Public Health Information Line** to speak to a nurse at **613-PARENTS** (613-727-3687), 9 a.m. to 4 p.m.

7 days a week

- Visit ParentinginOttawa.com/BreastfeedingSupport or **call 2-1-1** (available 24 hours a day) to help you find the "Parenting in Ottawa" drop-in or the breastfeeding support drop-in nearest you
- **Telehealth Ontario**, (available 24-hours a day) at **1-866-797-0000**, to receive telephone support provided by a nurse.
- **La Leche League Canada**, Ottawa Chapter, 613-238-5919, Visit www.lllc.ca or e-mail lllcottawa@gmail.com.

For private lactation consultant services

- visit www.ovlc.net.
- www.ottawabreastfeeds.ca



Breast milk is the natural food for your baby. Breastfeed anytime, anywhere.