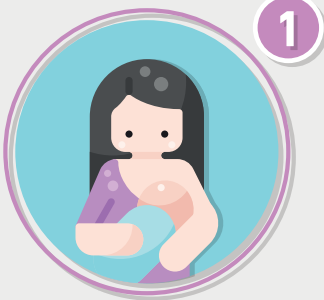




How do I know if my milk is enough



1

Baby breastfeeds
at least **8**
times in **24** hours
(10_12 feeds for newborn)



2

Passes pale urine
at least **6**
times in **24** hours
(for the 1st month)



3

Passes at least
yellow stools **4**
in **24** hours
from day 5 (for the 1st month)



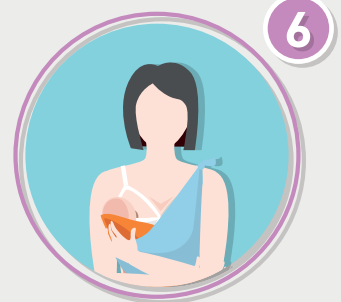
4

Gains weight
consistently



5

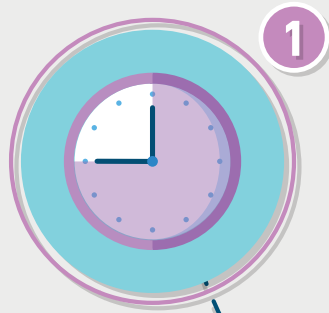
Is satisfied and
sleeps after
feeding



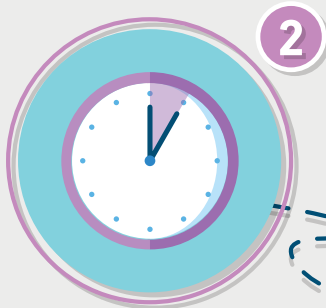
6

Breasts are full
before and softer
after a feed

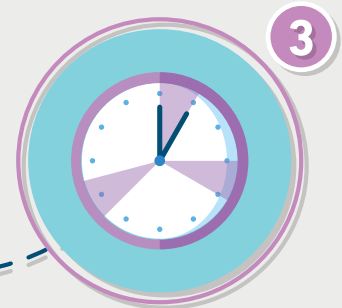
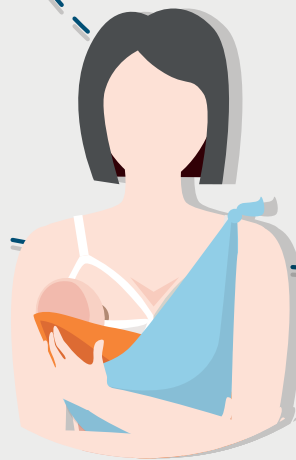
Warning signs of baby not taking enough



Very long feeds
(more than 40 minutes)



Very short feeds
(less than 10 minutes)



Very frequent feeds
(more than 12 feeds
in 24 hours)

**It could be due to the baby being
not well attached at the breast**