





CHECKLIST – YOUR NEWBORN IS GETTING ENOUGH MILK

-  My baby is steadily gaining weight after the first two weeks.
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-  At least 6 wet diapers per day after day 5
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-  3 to 4 dirty diapers per day in the first month.
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-  Baby seems content and alert after most feedings
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-  I can hear or see my baby swallowing during feeding
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-  My breasts feel softer after nursing (for breastfeeding mothers)
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-  My baby is feeding every 2–3 hours
.....
-  My baby is meeting developmental milestones
.....
-  No signs of dehydration (dry mouth, sunken soft spot, etc)
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