**Expected Milk Intake and Associated Voids and Stools**

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| **Days of Life** | **Volume of Breastmilk per feed** | **Minimum wet diapers** | **Stool Characteristics** |
| 1 | 5-15 mL’s | 1 | 1 black tarry stool (meconium) |
| 2 | 15-20 mL’s | 2 | 1-3 dark blackish brown or green stools |
| 3 | 20-40 mL’s (1oz) | 3 | Transitioning stools: softer and more green/brown |
| 4 | 40-50 mL’s (1.5oz) | 4 | 3-5 transitioning stools of seedy yellow stools |
| 5 | 45-75 mL’s (1.5-2.5oz) | 6 | 3-5 transitioning or seedy yellow stools |
| 6 and up  (until 1 month) | 60-90 mL’s (2-3oz) | 6 | 3-8 loose yellow stools |

* During the first 2 weeks, the minimum daily suckling time should be at least 150 - 180 minutes (2.5 – 3 hours). Watch for **signs of hunger**: frequent crying, restlessness, irritability, sucking hands or fingers, detaching from the nipple frequently, falling asleep without releasing the breast, or moving head while feeding. Also, a very long feeding (more than 30 minutes), or short feedings (less than 5 minutes), may indicate a milk supply problem or ineffective milk transfer.
* Estimate your baby’s daily breast milk or formula requirements by using this formula:
  + Baby’s weight in kilograms (kg) multiplied by 100. Divide by the number of feedings in a 24 hour period (at least 8). Then multiply by 20. This will give you the amount of **ounces required per feeding**.
* Pump when your breasts are full (prior to a feeding), you can feed this pumped milk to your baby via spoon, syringe, or bottle. At the next feeding, feed your baby at the breast first. Pump after breastfeeding to see how much milk volume is left after baby has had a successful feed, ~20-30 minutes. This will give you an estimate of the total milk volume per feeding.
* Breast milk must be removed frequently (at least every 2 - 4 hours) for your body to keep up with your baby’s demands. If your baby is not going to the breast, pump or use hand expression to sufficiently remove milk and maintain your milk supply. Make sure pumping is comfortable and that your flanges fit correctly.
* Most newborns lose an average of 8% of their birth weight in the first week of life. Most will regain their lost weight by 2 weeks old. We expect an average of ½ - 1oz of weight gain per day after your “milk comes in” (usually between day 3 – 5).