

Cues, Needs, & Output

Breastfeeding Cues

Early Cues

Rapid Eye Movement,
Smacking or licking lips,
Open and closing mouth,
Sucking on lips, tongue,
hands, fingers, toes, toy,
or clothing, Stirring

Active Cues

Rooting around the chest,
Trying to position for
nursing, Fidgeting or
squirming a lot, Hitting
you on the arm or chest,
Fussing or breathing
fast, Stretching

Late Cues

Moving head frantically
from side to side, Crying,
Screaming, Turning Red

You can't nurse too
often, but you can
nurse to little

Milk Needs

Day One

Tummy is the size
of a cherry

5-7 ml / half Tsp.

Day Three

Tummy is the size
of a walnut

22-27 ml / .75-1 oz

One Week

Tummy is the size
of an apricot

45-60 ml / 1.5-2 oz

One Month

Tummy is the size
of a large egg

80-150 ml / 2.5-5 oz

Output (pees and poos)

Days 1 - 3

Day 1: 1 pee, 1 poop
Day 2: 2 pees, 2 poops
Day 3: 3 pees, 3 poops

Meconium
Dark brown/black
Tar-like

Days 2 - 4

Day 2: 2 pees, 2 poops
Day 3: 3 pees, 3 poops
Day 4: 4 pees, 4 poops

Transition
Dark Green
May be seedy

Days 4 - 7

Day 4: 4 pees, 3+ poops
Day 5: 5 pees, 3+ poops
Day 6: 5+ pees, 3+ poops

Mature Breast Milk
Golden / Yellow
Mustard-like