These guidelines are for healthy, full-term babies. If you feel your babies are not eating well or you are not sure if they are eating well, check with your babies' physician, a lactation consultant, other healthcare professional or doula.

Many new parents find themselves worrying because they can't measure how much milk their breastfed baby is consuming. But, remember, *what goes in must come out.* Because we can't measure the amount of milk going in, we rely on output to determine that babies are feeding well. Your health care professional will frequently weigh your babies and follow established guidelines to determine that they are gaining weight appropriately. The other way to ensure babies are getting enough milk is to look at their output, or how much they are peeing and pooping. Many new parents find it helpful to keep notes on each baby, as it can be difficult to keep track of wet and dirty diapers on more than one baby, especially if there are multiple caregivers. Below are some guidelines to follow on expected wet and dirty diapers for a baby who is feeding well.

- In the first two days of life, on average, every 24 hours, EACH baby should have 2 wet diapers and 1 or 2 soiled diapers. For the first 2-3 days after birth, a baby's stool will be black or dark green (called meconium) in colour.

- At 3 to 5 days old, look for the same number of wet diapers each day as the baby's age and 2 or 3 bowel movements. The stool will be brown, green or yellow in colour.

- At 6 days to 5 weeks old, EACH baby should have 6 heavy, wet diapers per day, plus 1 to 3 large yellow bowel movements per day.

- At 6 weeks to 6 months old, each baby should have 6 heavy wet diapers plus 1 or more yellow bowel movements.

A healthy, breastfed baby's stool is not necessarily unpleasant in odour but is somewhat runny and has a 'sweetish' smell.

Some other signs to let you know your baby is getting enough milk:

- S/he is sucking strongly, slowly and steadily;

- S/he is calm at the breast, and is settled after feedings;

- S/he feeds 8-12 times in a 24hr period, waking to feed and sleeping between feeds;

- S/he has a strong cry and moves actively; and

- Your breasts feel softer and less full after each breastfeeding.

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How d I know if my
babies are getting enough?

Recommended Sources of Information:

La Leche League of Canada Referral Service
www.lalechelealgue.org
Tel: 1-800-665-4324

Lactation Consulting Services Canada
www.breastfeedinghelp.ca
MBC Breastfeeding Support Network
http://multiplebirthscanada.org/index.php/parents/support/breastfeeding-support-network

Documents and Articles:

Multiple Births Canada Fact Sheets on various topics related to multiple pregnancy, births and parenting.

MBC Breastfeeding Peer Support Network

Multiple Births Families www.multiplebirthsfamilies.com

www.kellymom.com

Mothering Multiples: Breastfeeding & Caring for Twins or More, Karen Kerkhoff Gromada, La Leche League International, 2007.

Multiple Births Canada
Lynda P. Haddon, Multiple Birth Educator, revised 2013

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www.beststart.org

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