

# What The Clock Won't Tell You!



## HOW TO KNOW THAT BABY IS GETTING ENOUGH MILK

Does baby drink with deep, slow, RHYTHMIC suck and swallows as opposed to short, choppy sucks? Are the eyes open or does baby “sip & snooze” the entire time? If you are not sure a feeding is actually a feeding, or there is only a short time between feeds when baby is content, please consider seeing an IBCLC Lactation Consultant for help and support.

Is mom’s breast softer at the end of the feed? (First Week or so.)

Do baby’s fists relax at the end of the feed? Look for baby to have a relaxed body, with little or no tension in his or her face, happy to settle and snuggle without fussing.

How does feed end? We hope that baby pops off, relaxed and content. If you see baby very fussy after a session at breast, offer more! If you are ending the feeding according to the clock your baby may not be getting enough milk.

Does baby breastfeed 8-12 times in 24 hrs?

Poop: You want lots! Minimally- 3-4 stools that as large as a credit card or larger. Pee: Also lots! 6-8 sippy diapers per 24 hours.

How do I know when to switch breasts? Watch for: Rhythmic sucking with wide jaw excursions (not just rapid sucking with small movements) When rhythmic sucking slows, try burping, putting baby back on same side, and breast compressions. When you can’t get any more really good sucking, switch to the other side.

Is baby content between feeds and does he/she sleep well? If you are working hard to quiet your baby or using lots of “shushing” your baby is likely still hungry. New babies require frequent feedings day and night because they are growing rapidly.

East Bay Lactation Associates  
[www.eastbaylactationassociates.com](http://www.eastbaylactationassociates.com) (510) 525-1155