

	<u>First 8 hrs</u>	<u>8-24 hours</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
<u>Milk supply</u>	You may be able to express a few drops of milk		Milk should come in between the 2nd-4th day, but can take up to a week			Milk should be in. Breasts may be firm or leak milk
<u>Baby's activity</u>	Baby is usually wide awake in first hrs of life. Put to breast within 1/2 hr of birth	Wake your baby, babies may not awaken on their own to feed	Baby should be more cooperative and less sleepy	Look for early feeding cues, rooting, lip smacking, hands to face. Note if baby swallows regularly while nursing		
<u>Feeding routine</u>	Baby may go into a deep sleep 2-4 hrs after birth	Feed your baby every 1 1/2-3hrs or as often as wanted	Feedings should be at least 8-10 x each day			May go 1 longer interval between feedings (in a 24 hr)
<u>Breastfeeding</u>	Baby will wake up and be alert and responsive for several more hours after the initial deep sleep	Nurse at both breasts as long as baby is actively sucking and mother is comfortable	Try to nurse on both sides at each feeding, aiming for 10-15 min. each side. Expect some nipple tenderness. Lanolin can help with soreness	Consider hand-expressing or pumping a few drops of milk to soften the nipple if the breast is too firm for the baby to latch on	Nurse at least 10-15 min each side, every 2-3 hrs for the first few months of life	
<u>Baby's urine output</u>		Baby must have at least 1 wet diaper in first 24 hrs	Baby should have at least 1 wet diaper every 8 hrs.	Wet diapers should increase to 4-6 in 24 hrs	Baby's urine should be light yellow	Baby should have colorless or light yellow
<u>Baby's stools</u>		Baby should have a black-green stool (meconium)	Baby may have a second very dark (meconium) stool	Baby's stools should be changing from black-green to yellow		Baby should have yellow, seedy stool by day 5