

Check the milk

Age

Applies to babies born after 37 weeks

Week 1							Week 2 til 4
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	

Milk

Milk feedings for the baby

<p>At least 4-5 times</p>	<p>Breastfeeding: At least 8 times or more, within 24 hours Bottle feeding: ask the health visitor for advice about how much milk the baby needs</p>					
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Wet diapers

Average number of wet diapers within 24 hours

<p>1 wet diaper</p>	<p>2 wet diapers</p>	<p>3 wet diapers - feel heavier</p>	<p>5 heavy wet diapers</p>	<p>6 heavy wet diapers</p>
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Soiled diapers

Average number of stools passed within 24 hours

<p>1 soiled diaper</p>	<p>2 soiled diapers</p>	<p>4 soiled diapers</p>		
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Stools

Stool colour and consistency

<p>Black, brown or dark green stools - sticky and like thick-liquid</p>	<p>Lighter and more greenish</p>	<p>Changed to yellow/greenish</p>	<p>Yellow stools and sour smell. Soft consistency - can contain small grains</p>
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Bonding

Skin-to-skin contact with the baby

Close contact with the baby is especially important in the first days, while the baby gets used to life outside of mummy's tummy

YOUR BABY NEEDS:

- **Skin-to-skin** contact with mother and father
- **Eye contact** and to be spoken to
- **Calm** surroundings

Signs of needing to feed

EARLY SIGNS - offer the breast at these early signs

- **Mouth and tongue** making sucking movements
- **Arms and legs** moving
- **Searching** for the breast, fingers to mouth

MID SIGNS:

- **Fussing**, grizzling noises
- **Restless** and crying every now and then

LATE SIGNS:

- **Full cry**, moving entire body, red face
- **Exhaustion** and sleep

Well-being

Other signs of a baby that is doing well

- **Interested** in feeding
- **Awake** and alert for short periods e.g. during diaper change
- **Content** most of the time, can be calmed by close contact
- **Normal skin colour**, not grey or pale

It is normal for the baby to:

- Have a little **yellow skin** colouring after the first 24 hours, called jaundice
- **Lose weight** after birth, but regain birth weight after about 2 weeks

Be extra aware

What can you do?

Milk

If the baby is breastfed less than 4-5 times in the first 24 hours or less than 8 times within 24 hours in the following days

- Breastfeed more often, preferably 10-12 times within 24 hours
- Try to stimulate the baby's rooting and sucking reflex by using skin-to-skin contact at the breast
- Create a calm and quiet atmosphere around you
- Try to hand express a little milk for the baby
- Increase your milk production by hand expressing

Wet diapers

- If baby has not passed urine in the first 24 hours
- Passes less urine than described in this chart
- Has orange urate crystals in the diaper after the 3rd day

- Breastfeed more often, preferably 10-12 times within 24 hours
- Offer both breasts during each feed
- Make sure the baby is sucking actively, continuously and you hear swallowing sounds
- Seek advice from health professionals

Soiled diapers

- If baby has not passed stools within the first 24 hours
- Has fewer stools or stools with a colour other than described on this chart

- Breastfeed more often, preferably 10-12 times within 24 hours
- Offer both breasts during each feed
- Make sure the baby is sucking actively, continuously and you hear swallowing sounds
- Seek advice from health professionals

Bonding

Advantages of skin-to-skin contact for the baby

- Uses less of its energy reserves
- Body temperature stays more stable
- Cries less and feeds more often
- You get to know your baby better

- Lie skin-to-skin with the baby. It is only necessary to have a diaper on the baby.
- Place the baby on your chest and wrap a blanket/duvet around both of you.

Well-being

- If baby keeps being restless and crying - not easy to comfort
- Shows signs of not being well
- Is not interested in feeding

- Try to meet the baby's needs for feeding, diaper changes, sleep, calm surroundings, close contact
- Seek advice from the health visitor who will work with you both, to find an explanation.

Jaundice

- Baby becomes yellow within the first 24 hours
- Baby becomes yellow, is more than 24 hours old, is drowsy most of the time, has to be woken for every feed and falls asleep quickly during feeds.
- Baby still has jaundice 14 days after birth or later

- **IMPORTANT - contact the maternity unit/hospital immediately**
- Breastfeed more often, preferably 10-12 times within 24 hours
- Offer both breasts during each feed
- Seek advice from the health visitor or your own doctor.

Where to find help

- Maternity unit/hospital
- Health visitor
- Your own doctor
- Doctor on call (vagtlæge)



Check the milk is a further development of a thriving chart made by the maternity wards in Herning and Holstebro and health visitors in the municipalities of Herning, Holstebro, Struer, Lemvig, Ikast/Brande and Ringkøbing/skjern.