



Breastfeeding is Best feeding!

Winter 2016/17

Breastfeeding Newsletter

Oconto County WIC

Infant Weight Concerns

Many moms are worried if their baby is gaining enough weight, getting enough breast milk, and all the while having to worry about what the doctor is going to say. Unfortunately, there is a struggle getting all doctors on board, that not all babies are the same. Breastfed infants and formula infants are completely different and everyone needs to see that. Just because one baby is at a certain percentile doesn't mean the next will be the same. They all grow at their own rates. There are some guidelines for the average breastfed infant, which will be shared next.

Weight loss in the breastfed infant

- ❖ Maximal acceptable weight loss after birth in full term baby is 10%
- ❖ Weight loss near the 10% range could be a sign of some possible breastfeeding problems.
- ❖ By 2 weeks of age, the baby should be at its birth weight.

Infants lose more weight in the first postpartum days when:

- Labor meds are used
- More intrapartum fluids have been given
- There was no labor prior to Cesarean

Growth in Breastfed Baby

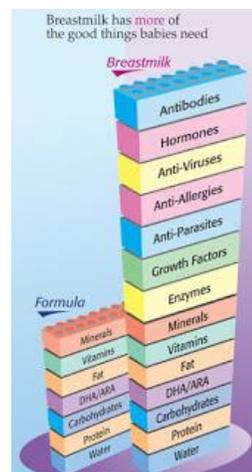
Infants are expected to gain ½ to 1 ounce per day in their first 6 weeks of life.

Normal Newborn Expectations

If an infant is on course with these next few items, then breastfeeding is going well and they are right on track for growth.

- 10-12 feedings per 24 hours
- Several bowel movements each day from day 2 through the first 6 weeks
- Several wet diapers daily

Expect 3-5 urine and 3-4 stool per day by 3-5 days of age; 4-6 urines and 3-6 stools per day by 5-7 days of age.





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Support Groups for Breastfeeding

- Breastfeeding Moms of Green Bay
 - Breastfeeding Mom Support
- The Big Latch on Green Bay Wisconsin
- Project Support: Breastfeeding Advocacy in Green Bay WI

Breastfeeding App for Phones

Collective

Breastfeeding Bridge Mom/Baby Group (1 hour class) Bellin – Green Bay

Cost: FREE

Join other moms and their babies “bridge the gap” on the breastfeeding journey. Join us to get a free baby weight check, to have your questions answered by a Lactation Consultant and share experiences and support with other breastfeeding moms. No registration is required and there is no fee to attend. The group meets at 2020 S. Webster, Green Bay on the first Thursday from 6-7pm and on the third Tuesday from 11:00am -noon. All moms and babies are welcome to attend.

St. Vincent in Green Bay also has Breastfeeding classes FREE of charge. See their website for specific class options and to register

This institution is an equal opportunity provider.

