



## **How do you know if your baby is getting enough milk ?**

### **I. How do you know if your baby is getting enough milk ?**

A. When breastfeeding, mother does not see the amount of milk the baby eats. This often makes the mother feel confused. From the following methods can help mothers know if the baby has enough milk.

1. When the baby is full, he will loosen up and leave his mother's breast. The mother's breast becomes softer.
2. A five-day-old baby should wear at least six wet diapers a day, and the diaper is very wet.
3. Weight gain is the best index whether the baby is getting enough. Baby should gain a weight of about 30g a day.
4. A five-day-old baby should defecate more than three times a day, about 50 yuan copper plate-sized yellow soft particles or sticky stools.

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All information above has been reviewed by Pediatric specialists

**B. Guideline to determine having enough milk by days after birth :**

1. 1-3 days: Very little urine at first but increase day by day.
2. 4-5 days: Four or five wet diapers a day. Each urine volume of about 2 dry diapers(about 30gm).
3. 5 days & after: The diaper is very wet and heavy, urinating about 5-6 times a day.

**II. Signs when babies are not getting enough milk :**

- A. Babies fall asleep while being breast fed, yet start crying when removed from mother's breast.
- B. Babies under one month of age not defecate for 12 hour ( babies over 3 weeks of age may decrease their bowel movement frequency. )
- C. The urine output is less than six times a day, and the urine is dark in color and has a strong taste.

**III.Course of action when sensing babies not getting enough milk :**

**A. Adjust breast-feeding posture(fig.1) :**

1. Mother's posture: Sitting in a chair with a back or support, you can take different positions, and the mother stays in a good mood.

2. Baby faces to mother's breast; The baby's belly should be in contact with the mother's belly.
3. Baby's bottom being supported.



Figure 1. Breastfeeding posture

B. Observe and help baby to get proper attachment(fig.2) :

1. Working with baby's reflexes to get baby's mouth open and suck on to areola and not just the nipple. Baby's lower lip and chin should be contacting mother's breast.
2. Baby's tongue should be contacting mother's breast. Cheeks look full and round and the areola of the mother's breast above the baby's mouth should be visible.
3. Sucking motion should be slow and steady (once per second).  
Sucking-swallowing motion is an indication of baby getting milk

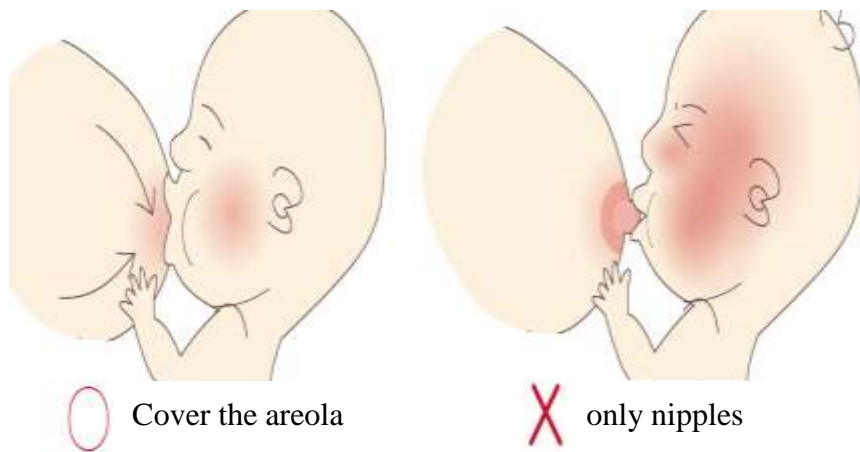


Figure 2 Breastfeeding position

4. You should be able to see Swallowing or hearing swallowing.

C. Things to watch-out for breast feeding :

1. Schedule of breast-feeding should be based on baby's need and not based on time.
2. When baby is showing cues of hunger, including searching for breast, sucking motion, movement of tongue, or sucking on thumb, it's a good time to breast-feed. Don't wait till baby cry.
3. Feed one breast until breast turns soft and then switch to another breast. Make sure infant is getting the hind-milk.
4. Breast-feed at least 8-12 times a day, and each time should breast-feed until infant lets go off the breast.
5. Every infant's feeding behavior is different. As long as baby is getting a good amount of milk and is passing stool 2-3 times a day,

then it's O.K. To breast-feed based on its hunger. Remember: even if a baby is on the breast for two hours, he may actually drink for only two minutes, and the infant still shows cues of hunger when he leaves the breast. It's important to make sure if infant is getting enough milk. When baby fell asleep during breast-feeding, mother can compress breast to increase milk flow, let the baby easy to suck.

6. During the feeding process, the baby sleeps. You can use your fingers to stroke the baby's ears and soles to wake the baby.

#### **IV. When should bring the Baby to the hospital :**

- A. When baby's sucking motion is very rapid and light.
- B. Baby falls asleep and stops drinking milk with the nipple in its mouth.
- C. It still has very little amount of urine over 3 days after birth. Urine color appear dark yellow or even orange.
- D. No fecal discharge within 48 hours after birth, or only a small amount of deep Green or black fetal discharge.

#### **V. Conclusion**

If your baby really isn't getting enough, remember that the rule of thumb for milk supply is: the more the baby sucks, the more milk the mother will have.

## **VI. References**

Health Promotion Administration Ministry of Health and

Welfare (2022). Breastfeeding Handbook. from

<https://www.hpa.gov.tw/Pages/EBook.aspx?nodeid=1586>

**Let's take the quiz to make sure you understand**

1. When the baby is full, he will let go of the breast on his own, and the mother's breasts will become be softer

☐ Yes ☐ No ☐ Unknow

2. Weight is the best indicator to evaluate whether the baby is getting enough milk.

☐ Yes ☐ No ☐ Unknow

3. The correct position for the baby to latch on to the breast is just to hold the nipple.

☐ Yes ☐ No ☐ Unknow

4. Feed when the baby shows signs of wanting to eat, including opening the mouth, sucking, and sticking out the tongue. Do not wait until the baby cries before feeding.

☐ Yes ☐ No ☐ Unknow

5. If you find that your baby is drowsy or the color of his urine changes to dark yellow or even orange, you should seek medical attention as soon as possible.

☐ Yes ☐ No ☐ Unknow