

New born baby?

Your new baby – Feeding and growing in the early weeks

Days 1 to 6 ...

DAY	WET NAPPIES	POOS
1	1	2
2	2	2
3	3	2
4	4	2
5	5	2
6	6	2

This information will help to provide reassurance about what is normal and to encourage you to contact your midwife, ISPHNS - health visitor, Children Centre for additional information and support. **If you have concerns please contact your midwife ISPHNS-health visitor, GP or call 111.**

Is feeding going well?



What's in my nappy?

A baby over 6 days and under 5-6 weeks should have at least 6 heavy wet nappies & at least 1-2 poos a day.



How often, and for how long am I feeding?

Is your baby having at least 8 feeds in 24 hours for between 5 and 40 minutes? Is your baby relaxed while feeding?



Look at me!

Does your baby look well? Are they alert when awake? When you look at photos of your baby from last week, do they look heavier now?

If your baby was born premature or has underlying health conditions you should ensure that you continue to stay in contact with your health professionals as often as needed.

<https://humberisphn.nhs.uk/contact/> <https://www.eastriding.gov.uk/living/children-and-families/childrens-centres/>

If you have concerns or are worried about feeding and caring for your baby please contact your midwife, ISPHNS-health visitor, GP or ring 111

Feeding and Growing in the Early Weeks

Are you wondering about your baby's growth and feeding in the early weeks?

If you would like more information about feeding and caring for your baby please contact us.

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1	1	2
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3	3	2
4	4	2
5	5	2
6	6	2



Is feeding going well?



What's in my nappy?

A baby over 6 days and under 5-6 weeks should have at least 6 heavy wet nappies & at least 1-2 poos a day.



How often, and for how long am I feeding?

Is your baby having at least 8 feeds in 24 hours for between 5 and 40 minutes? Is your baby calm and relaxed while feeding and content after feeding? Do they wake for feeds?



Look at me!

Does your baby look well? Are they alert when awake? When you look at photos of your baby from last week, do they look heavier now?

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