



Newborn FAQs for first-time parents

Is my baby getting enough milk?

Sometimes it can be difficult to 'trust the process' and it is very normal to be left wondering whether your baby is getting enough milk. The great news is, there are some simple ways to be reassured that your supply is ample for the needs of your baby:

Behaviour

Your baby will display feeding cues. Early hungry signs include stirring from sleep, opening their mouth, turning their head from side to side. If you do not respond to those early cues, babies cleverly change their communication to get your attention another way. These cues include stretching, sucking their lips and hands, becoming restless, and making cooing and sighing sounds. The late stage feeding cues include crying, turning red and agitated movements. The earlier you can respond to the cues the easier it will be to latch and feed your baby.

Input

Your baby and your body are working together harmoniously to create just the right amount of milk needed for your baby to thrive. It is normal for bub to feed 8-12 times in a 24-hour period. The more frequently you feed, the more your breasts will be drained and prompted to make milk and your supply will increase accordingly.



Output

Remember the saying 'what goes in must come out'? This is certainly true for babies and can be a great way to know whether bub is getting enough milk. After 5 days of age, bub should produce more than 5 wet nappies per day. The wee should be a pale colour and if it is dark or smelly, it may indicate bub is not getting enough milk. Poo is another way to know that bub is getting enough milk. Check our infographic below to see what is normal and when to call a healthcare professional.

Growth

At your check-ins with the Midwife, Child and Family Health Nurse or your GP, they will weigh and measure your baby and can give you advice if there are any concerns with growth or weight gain.

As per the World Health Organisation and local Nip Allergies in the Bub guidelines, we recommend exclusively breastfeeding your baby the first 6 months of their life.

Is my baby's poo normal?



Day 0-3
MECONIUM
(Newborn's first poo)
Black/tarry or dark green, sticky



Day 3-5
TRANSITIONAL
Green/yellow or green brown



Day 3+
MILK IS IN
(once your milk comes in fully)
Yellow seedy 'mustard' poo

Every baby is different. Some babies poo daily, while some poo once every few days. As long as the texture is between pumpkin soup or toothpaste, this is normal. If you are concerned about the colour or consistency of your baby's poo (e.g. hard pellets or diarrhoea), then please take a nappy or a photo of the poo and see your healthcare professional for further advice.

Reference: Queensland Health. Is my baby getting enough milk? [internet]. Queensland: Queensland Health; [updated 2021 Jul 14, cited 2023 Nov 29]. Available from: www.qld.gov.au/health/condition/child-health/babies-and-toddlers/is-my-baby-getting-enough-milk

My baby is crying too much. What's wrong?

Your baby communicates in a variety of ways! Crying is one way your baby communicates with you. Before your milk comes in around day 3-4, baby will be hungry, wanting to feed very frequently- this is known as cluster-feeding.



Breastfeeding is one of the best comforts for a baby so don't be afraid to feed as often as baby is crying, it's not a bad association for comfort or sleep- **it's biologically normal!**

Breast milk is best for babies. A healthy diet is important for breastfeeding. A decision not to breastfeed, or partial bottle feed, may reduce milk supply making it difficult to reverse. Consider the cost and social impact of feeding methods. Use formula as directed, as improper use can affect baby's health.

What should my baby's sleep/feed routine look like?

Every baby is different, and there is no one 'correct' routine. In the early months of life, it is best to respond to babies' cues rather than have a set sleep/feed schedule.



Day 1

Your baby will likely be sleepy day one, spending time recovering from birth and adjusting earthside.



Day 2-3

By day 2-3 they are waking a lot more, hungry all the time, and working hard to bring in your milk supply. This can be a very tiring time for you and baby!



Day 4 +

From day 4, babies sleep between 14-17 hours per 24 hour period, usually waking to feed after 2-3 hours of sleep.

Feeding when your baby shows feeding cues allows your body to establish a supply individualised to your baby's need in a process that takes around 6 weeks. It is important to know that sleeping/feeding patterns vary, but talk to your healthcare professional if you are concerned.

I've heard of the 'baby blues' – Is it normal to feel like I'm struggling?



Around day 2-3, your pregnancy hormones drop. Some women can feel the effects of these hormonal changes strongly and this is nothing to be ashamed of.

If you are finding you are overwhelmed, upset, crying a lot, having negative thoughts beyond these first few days or even months, it is worth seeking help.

There are many support services available, such as your Registered Midwife, Child and Family Health Nurse, GP, PANDA helpline 1300 726 306 (Australia), Gidget Foundation 1300 851 758 (Australia) and Lifeline 0800 543 354 (New Zealand).

What can partners and family members do to support mum and bub?

A partner's enthusiastic support can go a long way to improving the breastfeeding journey. Even though you cannot breastfeed, there are many other ways you can help:

- Ask your partner "what can I do to help you"?
- Offer glasses of water and healthy snacks
- Provide/cook nutritious meals that nourish your partner
- Help around the house – do the groceries, clean the up, do the laundry. Every little bit counts.
- Change the nappies!
- Cuddle your baby
- Provide reassurance to your partner that they are doing a good job - breastfeeding can be hard but a little reassurance can go a long way!
- Draw on your support network for help with these things as well and make sure you have your own support as well

Reference: raisingchildren.net.au. Breastfeeding: how partners can help [Internet]. [updated 2022 Nov 10; cited 2023 Nov 29]. Available from: raisingchildren.net.au/pregnancy/pregnancy-for-partners/early-parenting/breastfeeding-partners-can-help

I have more questions. Where can I get further support?



AU: 1800 842 098

NZ: 0800 438 500

(Mon to Fri

7.30am to 5pm AEST /

9.30am to 7pm NZ time).

nutriacareline.com.au

nutriacareline.co.nz

The Nutricia Careline is a team of trusted midwives, dietitians and nutritionists who are here to support and reassure you through your pregnancy and beyond.

Our caring experts are here to answer all your questions, big or small.

This is a guide only. You should not use this information to diagnose a health or medical condition or problem, or alter, commence, or delay any medical treatment. Always seek the advice of your healthcare professional.

We at Nutricia believe in providing the best nutrition for babies, which is why we recognise breast milk as uniquely superior for babies, it provides many benefits. It is important that mums have a healthy diet to support breastfeeding. A decision not to breastfeed, or partial bottle feed, may reduce breast milk supply making it difficult to reverse. The cost and social implications of using feeding method should be considered. Always seek professional for advice about feeding your baby. Ensure formula is used as directed as improper use can affect baby's health.

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