

3

## HOW DO I KNOW MY BABY IS FULL?

One of the most common questions moms have when breastfeeding is whether the baby is getting enough milk.

Here are some ways for you to know that your baby is eating enough:

- Dirty diapers mean your baby is eating.
- The baby is swallowing while feeding. Usually babies will swallow once for every 1-2 sucks.
- Breasts feel softer after feedings.
- The baby is gaining weight. The first week of life, the baby may lose some weight. This is normal. Eventually he or she will begin to gain weight again. Most babies gain 5-7 ounces a week and will have doubled their birth weight by about 3-4 months<sup>1</sup>.



Signs the baby is full include:

- Hands are opened and relaxed
- Baby seems calm
- Baby may have a “wet burp” (milk can be seen dribbling from mouth)

### TIPS OF THE WEEK

- Your baby’s weight gain is a sign that your baby is eating enough.
- A full baby will show signs such as relaxed hands.
- It is normal for your baby to want to eat more than usual when they go through growth spurts.

### YOUR BABY IS GROWING!

Babies go through growth spurts and will usually want to breastfeed more often than usual.

This does not mean that the baby isn’t getting enough milk. The baby being hungry is a sign that he or she is growing. You will produce more milk as your baby grows.

Growth spurts usually occur around 3, 6, 9, and 12 weeks. Every baby is different and the exact timing will vary.

**IF YOU NEED BREASTFEEDING HELP, CALL THE HELP LINE: 888-278-6455**

## RESOURCES:

### CLUSTER FEEDING - 7 TIPS FOR COPING WITH CLUSTER FEEDING:

[bellybelly.com.au/breastfeeding/cluster-feeding-tips/](http://bellybelly.com.au/breastfeeding/cluster-feeding-tips/)

### HAPPIEST BABY TIPS BY DR. KARP:

[happiestbaby.com](http://happiestbaby.com)



## BLOGS:

### FUSSY BABY:

[kellymom.com/parenting/parenting-faq/fussy-evening/](http://kellymom.com/parenting/parenting-faq/fussy-evening/)

## APPS:

### LIST OF BREASTFEEDING APPS:

[babble.com/baby/9-must-have-breastfeeding-apps/](http://babble.com/baby/9-must-have-breastfeeding-apps/)

### BABY NURSING / BREASTFEEDING (FREE):

[itunes.apple.com/us/app/baby-nursing-breastfeeding/id420447115?mt=8](https://itunes.apple.com/us/app/baby-nursing-breastfeeding/id420447115?mt=8)

### IBABYLOG (FREE):

[itunes.apple.com/us/app/ibabylog-baby-breastfeeding/id466576348?mt=8](https://itunes.apple.com/us/app/ibabylog-baby-breastfeeding/id466576348?mt=8)

## REFERENCES

1. Monitoring Your Newborn's Weight Gain. American Pregnancy Association. <http://americanpregnancy.org/first-year-of-life/newborn-weight-gain/>