



Breastfeeding Committee for Saskatchewan

www.thebcs.ca

Important:

Some weight loss is normal in the first days of life.

Call your health care provider if you are concerned about your baby's weight.

For further information contact:

Local Public Health Nurse

International Board Certified
Lactation Consultant (IBCLC)

Local breastfeeding support
Group

Saskatchewan HealthLine 811

Resources:

1. ILCA Clinical Guidelines for the Establishment of Exclusive Breastfeeding 3rd Ed. 2014
2. Toronto Public Health Breastfeeding E-Learning
3. www.beststart.org
4. RNAO

PROTOCOL FOR NEWBORN WEIGHT LOSS

It is normal for your baby to lose some weight in the first 72 hours after birth.

If your baby loses more than 7% of their birth weight or continues to lose weight after 3 days, call your health care provider so they can assess the baby's breastfeeding. A loss of 10% or more of their birthweight may be a sign that your baby is not getting enough breastmilk and should be further evaluated.

It is important not to take one weight as an indication of whether your baby is getting enough breastmilk. There are other signs to know when your baby is getting enough to eat.

How can you tell your baby is breastfeeding effectively and getting enough calories?

1. Your baby's pooping and peeing. General guidelines are:
 - One wet diaper and 1 to 2 black or dark green poops in the first day of life,
 - 2 wet diapers and at least 1 to 2 black or dark green poops the second day of life,
 - 3 wet diapers and at least 3 brown, green or yellow poops the third day of life,
 - By 5 days, they should have at least 6 very wet, clear diapers and at least 3 large, soft, seedy poops per day.
2. Your baby is feeding at least 8 times or more in 24 hours.
3. Your baby comes off the breast looking content and relaxed.
4. You hear your baby swallowing milk by day 4.
5. Your breasts should be noticeably fuller by day 5. They should feel softer after baby is finished the feed.
6. There should be no further weight loss after day 5. After day 5 your baby should gain 20 – 35 grams per day (2/3 – 1 ounce per day). Return to birth weight should occur by 10 – 14 days.
7. Your baby's mouth should look moist and pink.
8. Your baby should be alert, move actively, and have a vigorous cry.

If you are concerned about your baby's weight or that he/she is not getting enough breastmilk, contact your health care provider. They can assess the baby and how they are breastfeeding and will work with you to achieve breastfeeding success for you and your baby.

Lactation consultants are specialists in breastfeeding. They are a great resource and can help you and your baby with breastfeeding. Contact your lactation consultant in your area.



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