

Baby Feeding Timeline - Birth to 48 Hours

Cues for feeding

Early cues: "I'm hungry"

Stirring

Mouth Open



Mid cues: "I'm really hungry"

Stretching

Hand to Mouth



Late cues: "Calm me first"

Really Upset

Crying



Your Baby's Age	0 to 6 Hours	6 to 12 Hours	12 to 24 Hours	24 to 36 Hours (clusterfeeding)	36 to 48 Hours
Frequency of feeds: Colostrum is immediately available for your baby. Over the next few days colostrum will change to transitional milk and then more matured breast milk.	at least 1 feed	an additional 2 feeds a total of at least 3 feeds in the first 12 hours	an additional 3 feeds a total of at least 6 feeds in the first 24 hours	at least 8 feeds or more in the next 24 hours	
What to do:	<ul style="list-style-type: none"> • skin to skin • latch • hand express 	<ul style="list-style-type: none"> • skin to skin • latch • hand express 	<ul style="list-style-type: none"> • skin to skin • latch • hand express 	<ul style="list-style-type: none"> • skin to skin • latch • hand express 	Pump if: <ul style="list-style-type: none"> • baby is not latching • supplementing with formula • baby is under phototherapy
Tummy volumes:	size of a cherry	size of a cherry	size of a cherry	size of a cherry	size of a walnut
Wet diapers:	at least 1 wet diaper in the first 24 hours			at least 1 additional wet diaper for a total of 2 wet diapers between 24 to 48 hours	
Soiled diapers: Number and colour of stools	at least 1 black meconium in the first 24 hours			at least 1 additional black meconium for a total of 2 soiled diapers between 24 to 48 hours	
Getting help: If latching is difficult, or you are separated from your baby, this section offers tips to protect your milk supply and to assist you in offering breast milk as a supplement until you are able to latch.	<ul style="list-style-type: none"> • If your baby is at SickKids or in the NICU, hand expression and/or pumping should be started • Your nurse will help you 	<ul style="list-style-type: none"> • Your nurse will help you 	<ul style="list-style-type: none"> • Attend a breastfeeding class • Meet the Lactation Consultant during the class if you are having breastfeeding challenges • Your nurse will assess your feeding and get you extra help if needed 	At discharge: <ul style="list-style-type: none"> • Your nurse will assess your feeding and speak to you about a Lactation Consultant referral, if needed, and a Public Health referral after discharge 	For extra support: <ul style="list-style-type: none"> • Mount Sinai Post Natal Ambulatory Clinic (PNAC) 416-586-4800 x7409 • For local services: ontario.ca/page/breastfeeding ontariobreastfeeds.ca/services

Skin to skin



How to latch

- Baby's body is close, skin to skin
- Baby's head tilts back slightly
- Baby's ear, shoulder and hip are in a straight line
- Use the base of your hand behind the shoulders to bring baby to the breast
- Baby's mouth will be wide open with lips flanged



How to hand express

