

# ways to know your baby is getting enough milk:

- Your baby breastfeeds often, **8 to 12 times or more** every 24 hours.
- You can **see and hear your baby swallowing milk** while breastfeeding.
- Your baby seems **relaxed** after breastfeeding.
- After the first week, your baby **has at least 6 wet diapers and 3 or more dirty diapers** each day.
- **Your baby is back to birth weight by 10 to 14 days** of age. Most babies lose a little weight after birth, but start to gain after the first 4 to 5 days.

*\*If you do not see these signs or have concerns, call your lactation consultant or baby's health care provider.*



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