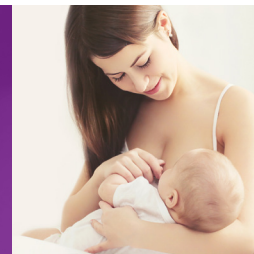


Breastfeeding Timeline



At Birth

When baby is born, start skin-to-skin and keep it going for at least an hour or until your baby's first feeding.

Skin-to-Skin Golden Hour

1 Hour

Your baby should be ready to feed 30 – 60 minutes after birth. Keep your baby skin-to-skin. Your nurse will help you get a proper latch.

Learn how to hand express.

6 Hours

Your nurse will help with each feeding if you need. If baby is not interested in feeding or is sleepy, continue to keep baby skin-to-skin. Hand express and give your colostrum to your baby.

Learn your baby's feeding cues.

12 Hours

It is normal for your baby to be sleepy. Give your baby the opportunity to feed at least 8 – 12 times a day. Keep your baby skin-to-skin and hand express prior to feedings. Let your baby lick your expressed colostrum or place on baby's lips.

20 – 24 Hours

Now your baby may start waking up more and feed more often. It is normal to cluster feed (frequently feed) to make up for the sleepiness. This will help increase your milk supply. Continue asking your nurse for help if needed.

Look for wet and dirty diapers. Make sure your baby has a deep proper latch. Listen for your baby swallowing.

3 – 4 Days

Your colostrum has been coming in small amounts until now. Around day 3 or 4, your supply may increase and become more milky looking. Continue to feed baby with feeding cues at least 8 – 12 times a day.

5 Days

Your baby's stool should be mustard yellow by now. It may have a seedy appearance as well.

2 Weeks

It takes 2 weeks to reach mature milk. It is very important to build your supply by feeding your baby at least 8 – 12 times a day. Continue to make sure your baby is latched correctly.

6 Months

Breastfeed exclusively for the first 6 months. Around this time you may introduce solid foods to your baby.

1 Year +

Breastfeeding benefits you and your baby up to and beyond 2 years of age. You can breastfeed for as long as you wish.

**Birth Center
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QUESTIONS OR CONCERNS?

Contact Valley Medical Center's Lactation Services at 425.228.3440, ext. 2526.