

Use this checklist to make sure your baby is getting enough milk

如何確認寶寶是否吃飽了

- ★ Your baby is nursing every 2 to 4 hours (minimum of eight feeding per 24 hours).
- ★ Your breasts feel less engorged and softer and smaller after a feeding .
- ★ Your baby is wetting at least six to eight diapers a day (urine should be clear , not dark).
- ★ Your new born baby is passing normal , yellow , seedy , soft stools after most feeding .
- ★ Your baby is apparently satisfied after a feeding .

- ★ Your baby is gaining enough weight , as shown by the doctor's office .
- ★ A baby should stop losing weight by about the fifth day after birth , and should gain back to his or her weight at birth by 2 weeks of age .



圖片摘自網路

For inquiries: Chung Shan Hospital
Tel: (02) 2708-1166
OBS ward Ext.: 2000 or 2500
Nursery Ext.: 2220 or 2222



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(英文版)

**Modern Medicine
Traditional Care**