

Normal Newborn Behaviour and Breastfeeding

A guide to how and why babies behave the way they do in the first few weeks

	0 - 24 hours DAY 1	24 - 48 hours DAY 2	48 - 72 hours DAY 3	72 - 96 hours DAY 4	96 - 144 hours DAYS 5 - 6	1 MONTH
Number of feeds in 24 hours	Skin to Skin and First feed within 1 hour of birth Min 5 - 6 feeds or expressed milk Usual 4 - 8 feeds	More feeds or expressions in first 48hrs = better supply Min 6 - 8 Typically 4 - 12	Want to feed very frequently esp. at night Min 6 - 8 Typically 8 - 12+	Min 6 - 8 Typically 8 - 12+	Min 6 - 8 Typically 8 - 12+	Min 6-8 Typically 8 - 12
Stomach size mls Ave mls per feed	5 - 7mls 2 - 10mls Stomach not stretchable Often mucous filled Size of marble	13mls 5 - 15mls	27mls 15 - 30mls Size of shooter marble	46mls 30 - 60mls	57 - 64mls 61 - 87mls Size of golf ball	60 - 120mls 750 - 1050mls per 24hr
Sleep	2 - 8+ hours	1 - 5+ hours	1 - 3 hours	Increasing	2 - 4 hours	2 - 4hrs
Time between feeds	2 - 12 hours	1 - 4 hours	30 min - 3 hours	1 - 3 hours	1 - 5 hours	Varies
Urine output	Minumum 1	Minimum 2	Minimum 3	Minimum 4	Minimum 5+	5+
	(teaspn -tablespn)	(teaspn -tablespn)	Urates normal	Increasing	Much heavier	Very heavy
Stool output	Minimum 1+ Range 1 - 5+ Meconium Black sticky	2 - 3+ Black green	2 - 3+ More runny	2 - 3+ Pesto-yellow	2 - 3+ Yellow runny	2 - 10 to every 10 -14 days in breastfed babies Yellow runny
Behaviour	Sleepy or needs to be held skin to skin Mucousy vomits or hungry	Sleepy Mucousy vomits becoming more wakeful at night Feeds most at night	Feeding frenzy to bring in milk Fussy Will not sleep in cot Passes lots of wind	Once milk in Mostly feeds/sleeps 2 - 4hr fussy period per 24/hr usually during 9pm-3am	Mostly feeds/sleeps 2 - 4 fussy period per 24/hr usually during 9pm-3am	Feeds well Alert short time after most daytime feeds Sleeps better at night

Ref: Mannel, R. Martens, P. Walker, M. (2012) Core Curriculum for Lactation Consultant Practice. Walker, M. (2006) Breastfeeding Management for the Clinician