

|                                  | Day 1  | Day 2  | Day 3   | Day 4  | Day 5  | Day 6  | Day 7  |
|----------------------------------|--|--|---|--|--|--|--|
| <b>Breast Milk</b>               | A few drops to a teaspoon per feeding, gold, clear                   | A few drops to a teaspoon per feeding, gold, clear                   | More colostrum with some milk, lighter golden color more creamy | More colostrum with some milk, lighter golden color more creamy    | Good volume of transitional milk, more opaque, light yellow and creamy     | Good volume of transitional milk, more opaque, light yellow and creamy     | Good volume of transitional milk, more opaque, light yellow and creamy     |
| <b>Breasts</b>                   | Soft   | Soft   | Heaviness, soft with areas of fullness before feedings          | Heaviness, soft with areas of fullness before feedings             | Fullness throughout before feeding, emptiness after                        | Fullness throughout before feeding, emptiness after                        | Fullness throughout before feeding, emptiness after                        |
| <b>Baby Behavior</b>             | Sleepy, multiple attempts, 1 or more successful feeds                | More alert, 8-12 attempts, several successful feeds, fussy at night  | Alert for feedings, 8-12 feeds, fussy at night                  | Alert for feedings, 8-12 feeds, more satisfied after feeds         | Alert for feedings, 8-12 successful feeds                                  | Alert for feedings, 8-12 successful feeds                                  | Alert for feedings, 8-12 successful feeds                                  |
| <b>Suckling &amp; Swallowing</b> | Bursts of sucks followed by pause                                    | Bursts of sucks followed by pause                                    | Bursts of sucks followed by pause, swallowing every 1-3 sucks   | Bursts of sucks followed by pause, swallowing every 1-3 sucks      | Bursts of sucks, followed by pause, frequent swallowing throughout feeding | Bursts of sucks, followed by pause, frequent swallowing throughout feeding | Bursts of sucks, followed by pause, frequent swallowing throughout feeding |
| <b>Length of Feed</b>            | 5-45 min ea side   | 5-45 min ea side   | 5-45 min ea side  | 10-30 min ea side  | 10-30 min ea side  | 10-30 min ea side  | 10-30 min ea side  |
| <b>Urine</b>                     | 1 wet diaper   | 2 wet diapers  | 3 wet diapers   | 4 wet diapers  | 5 wet diapers  | 6 wet diapers  | 6 wet diapers  |
| <b>Stool</b>                     | Minimum of 1, but usually several dark black, sticky meconium stools | Minimum of 2, but usually several dark black, sticky meconium stools | Usually 1-2 or more dark green or slightly brownish stools      | Usually 1-2 or more slightly brownish or bright green loose stools | Usually several bright yellow, loose, maybe "seedy" stools                 | Several bright yellow, loose, maybe "seedy" stools                         | Several bright yellow, loose, maybe "seedy" stools                         |
| <b>Weight</b>                    | Weight Loss  | Weight Loss  | Less Weight Loss  | Weight Stable  | Weight Stable  | Weight Gain  | Weight Gain  |