

Your important health information

Breastfeeding plan for you and your baby after discharge

Plan date: _____

The normal pattern of breastfeeding for a term newborn baby is:

- 8-10 breastfeeds per 24 hours (about 2-3 hourly, but normal for baby to feed more frequently).
- Having small amounts of colostrum for the first 48 hours.
- Having more breastmilk as milk 'comes in' from 48-72 hours after birth.
- Number of wet nappies increasing (see table on the next page).
- Adequate wees and poos are a sign of effective breastfeeding.

Information about breastfeeding can be found in the Mercy Breastfeeding Guide

In the early days after birth, some babies are not attaching to the breast, or need extra help to make sure they are getting enough milk. See patient information sheet "When baby does not attach to the breast".

This breastfeeding plan will help make sure that your:

- baby gets enough milk
- baby is able to continue to learn and improve breastfeeding
- breastmilk keeps flowing
- breasts continue to make more milk each day

Your midwife or lactation consultant will highlight the parts of this plan that are important for you and your baby

Breastfeed/Skin to skin

- ☐ If baby is not attaching to the breast, undress your baby and give skin to skin before feeds.
Allow baby time to search and move to breast.
- ☐ Breastfeed if baby can latch, offer both breasts if baby is interested, detach from the breast if there is no sucking or swallowing.
- ☐ Your baby needs to feed 8-10 times in 24 hours (about 2-3 hourly)
- ☐ Plan your next feed time from the start of your last feed

Top-up feeds

- ☐ If baby is not attaching to the breast or not sucking well, offer a top up feed of expressed breastmilk and/or infant formula in the following amounts per feed.
- ☐ There are different ways to feed baby a top up including syringes, cups and bottles. This depends on baby needs as well as your preferences. If you are using a bottle, paced bottle feeding is suggested, see patient information sheet “Paced bottle feeding” for how to do this.
- ☐ Change baby’s nappy after offering the breast and before giving a top-up if baby is small or sleepy.

Date	Feed type	Amount	Comments

Express your breasts

If your baby has not breastfed or has not breastfed well, expressing is important for your breasts to make more milk. Use a hospital grade breast pump if you can. Gently massage your breasts for a short time before starting

- ☐ Hand express to start the flow then apply the pump.
- ☐ Express each breast twice, swapping to the other breast when the milk flow slows/stops. This should take 20-30 minutes.
- ☐ Aim for at least eight expressing sessions every 24hrs.
- ☐ Express at least once overnight.
- ☐ Use a breast pump for stimulation even if milk has not come in yet – at least eight times in 24 hours.
- ☐ Use the expressed breastmilk to top up your baby at the next feed.
- ☐ See patient information sheet “Expressing breastmilk” for more details

Follow-up

- ☐ Midwifery in the home ☐ Lactation consultant ☐ MCH nurse ☐ Other:

Contact your birth hospital or attend the Emergency Department if

- you are not able to wake your baby for feeds or baby is very sleepy
- your baby is not taking the right amount of milk each feed
- your baby is not having enough wet nappies or poo colour is not changing
- you are worried about your baby or their feeding

Normal nappies in the early days

Age of baby	Number of wet nappies	Number of poos	Poo colour
Day 1 (0-24 hours)	1 x wet	1 or more	Black and sticky
Day 2 (24-48 hours)	2-3 x wet	1-2	Black or black/green
Day 3 (48-72 hours)	3-4 x wet	2-4	Green or green/yellow
Day 4 (72-96 hours)	4 x wet and paler	4-10	Green/yellow
Day 5 (96+ hours)	5+ x wet and paler	4-10	Yellow, soft and seedy



Mercy Health patient information sheets

<https://health-services.mercyhealth.com.au/patient-information-sheets/>

Further Information

If you have any questions about this information, please contact:

Mercy Hospital for Women

Breastfeeding Support Service 03 8458 4677

Werribee Mercy Hospital

Breastfeeding Support Service 03 8754 3407

Australian Breastfeeding Association Helpline

Phone: 1800 686 268

Maternal & Child Health Line

Phone: 13 22 29

Private Lactation Consultants

www.lcanz.org

Acknowledgements

Breastfeeding Support Service MHW and WMH

Date produced: July 2021

Date of last review: September 2023

Date for review: September 2026



Mercy Health

Care first

You can use the table below to keep track of your baby's feeding and nappies in the early days

Date/Time	Breastfeed (describe)	Top up (in ml) <i>If a top up is part of your feeding plan</i>	Wet nappy (yes/no)	Dirty nappy (yes/no) and colour	Volume of breast milk expressed (in ml) <i>If expressing is part of your feeding plan</i>	Comments
12/11 3pm	Feed on left breast – see comments	15ml of breast milk with syringe	Yes	Yes – small green coloured	I expressed 25ml after this breastfeed	Baby was sleepy during the feed and didn't take other breast when I offered.