

BREASTFEEDING IN THE FIRST FEW WEEKS



Breastfeeding is the best and most natural way to feed your baby.

The keys to successful breastfeeding are early, frequent feeding and proper positioning of the baby at the breast.

A baby that is breastfeeding well:

- has 1 or 2 large or several small, loose or soft bowel movements in 24 hours
 - ◆ colour changes from dark green, almost black, to brown/green to yellow/“mustard”
- has pale, light-coloured urine with almost no smell
 - ◆ in the first 3 days, 1 to 3 wet diapers per day is normal
 - ◆ usually by the fourth or fifth day, 5-6 wet cloth diapers per day is normal, as the milk supply increases. (**NOTE:** This may be difficult to notice with disposable diapers.)
- is feeding well at least 8 to 12 times in 24 hours (generally every 2-3 hours)
 - ◆ listen for swallowing or quiet “caw” sound
- is alert and gaining weight
 - ◆ back to birth weight by two to three weeks of age

You should seek help if:

- your baby does not have a sufficient number of wet diapers and/or a bowel movement every day
- your baby is very sleepy and hard to wake for feedings
- your nipples are sore and do not start to get better
- you have fever, chills, flu symptoms, or a red painful area on your breast



Help is available from:

- a Public Health Nurse on the:
 - Health Info Line: 613-735-8666 or 1-800-267-1097 Ext 666**
- a Public Health Nurse at the following local Health Unit offices, Monday to Friday – 8:30 a.m. to 4:00 p.m.
 - Arnprior: 613-623-2991**
 - Barry's Bay: 613-756-2744**
 - Pembroke: 613-735-8651 or 1-800-267-1097**
 - Renfrew: 613-432-5853 or 1-800-804-0772**
- a “Well-Baby” group in your area (see reverse side for locations)
- your family physician, local hospital or walk-in clinic
- La Leche League Canada Breastfeeding Referral Office 1-800-665-4324 - www.lllc.ca - to find breastfeeding help near you
- Lactation consultants in the community
- Free advice from a Health Professional 24 hours a day, 7 days a week: Telehealth Ontario 1-866-797-0000





WELL BABY DROP-IN

A Public Health Nurse is available to discuss infant nutrition, growth and development, breastfeeding and other parenting issues.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 st Week			PETAWAWA Petawawa Military Family Resource Centre 1578 Wolfe Avenue or Rivercrest School Annex 18 Regalbuto Avenue (call 613-687-1641 for location) 1:30 p.m. – 3:30 p.m. ARNPRIOR OEYS/AFPRC (located at Kenwood Corp Centre) 16 Edward Street South, Suite 112 9:30 a.m. – 11:30 a.m.	RENFREW St. Francis Xavier Parish Hall 331 Plaunt Street South 1:00 p.m. – 4:00 p.m.	PEMBROKE Pembroke Public Library 237 Victoria Street 10:00 a.m. - 11:30 a.m. POINT ALEXANDER Family Enrichment Network (OEYS) 34465 Hwy 17 W (Municipal Bldg) 10:00 a.m. – 11:00 a.m.
2 nd Week			PETAWAWA Military Family Resource Centre, 1578 Wolfe Avenue or Rivercrest School Annex 18 Regalbuto Avenue (call 613-687-1641 for location) 1:30 p.m. – 3:30 p.m. CHALK RIVER Family Enrichment Network (OEYS) 19 Railway Street 10:00 a.m. – 11:30 a.m.	RENFREW St. Francis Xavier Parish Hall 331 Plaunt Street South 1:00 p.m. – 4:00 p.m.	PEMBROKE Pembroke Public Library 237 Victoria Street 10:00 a.m. – 11:30 a.m.
3 rd Week			PETAWAWA Petawawa Military Family Resource Centre 1578 Wolfe Avenue or Rivercrest School Annex 18 Regalbuto Avenue (call 613-687-1641 for location) 1:30 p.m. – 3:30 p.m. ARNPRIOR OEYS/AFPRC (located at Kenwood Corp Centre) 16 Edward Street South, Suite 112 9:30 a.m. – 11:30 a.m.	RENFREW St. Francis Xavier Parish Hall 331 Plaunt Street South 1:00 p.m. – 4:00 p.m. DEEP RIVER Family Enrichment Network (OEYS) Mackenzie High School Beach Avenue 10:00 a.m. – 11:00 a.m. Closed for July and August	PEMBROKE Pembroke Public Library 237 Victoria Street 10:00 a.m. – 11:30 a.m.
4 th Week			PETAWAWA Petawawa Military Family Resource Centre 1578 Wolfe Avenue or Rivercrest School Annex 18 Regalbuto Avenue (call 613-687-1641 for location) 1:30 p.m. – 3:30 p.m. CHALK RIVER Family Enrichment Network (OEYS) 19 Railway Street 10:00 a.m. – 11:30 a.m.	RENFREW St. Francis Xavier Parish Hall 331 Plaunt Street South 1:00 p.m. – 4:00 p.m.	PEMBROKE Pembroke Public Library 237 Victoria Street 10:00 a.m. – 11:30 a.m.

