



# BREASTFEEDING IN THE FIRST FEW WEEKS

Breastfeeding is the 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:

- is feeding well **at least** 8 times in 24 hours (generally every 2-3 hours), more frequent feeds are normal and good
  - makes quiet “caw” sounds when swallowing
  - has pale, light-coloured urine with almost no smell
- NOTE:** It is easier to notice urine in cloth diapers. A facial tissue can be placed inside disposable diapers, if you are not sure.
- at 1 day old, has at least 1 wet diaper and at least 1-2 sticky dark green/black stools
  - at 2 days old, has at least 2 wet diapers and at least 1-2 sticky dark green/black stools
  - at 3 days old, has at least 3 heavy wet diapers and at least 3 brown/green/yellow stools, occasional “red brick” coloured staining is normal until day 3
  - at 4 days old, has at least 4 heavy wet diapers and at least 3 brown/green/yellow stools
  - at 5 days and older, as the milk supply increases, baby has at least 6 heavy wet diapers and at least 3 large soft yellow seedy stools
  - is alert and gaining weight and back to birth weight by two weeks of age



## You should seek help if:

- your baby does not have a sufficient number of wet diapers and/or stools 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-like symptoms, or a red painful area on your breast

## Help is available from:

- a Public Health Nurse can be reached Monday to Friday from 8:30 a.m. to 4:00 p.m. by calling: **Pembroke & Area: Family Health Intake Line:** 613-735-8651, Ext. 589 or 1-800-267-1097, Ext. 589 **Renfrew/Arnprior & Area: 613-432-5853 or 1-800-465-5000**
- a “Parent Child Drop-In” in your area (see reverse side for locations)
- Breastfeeding Drop-In; **Family Health Intake Line:** 613-735-8651, Ext. 589 or 1-800-267-1097, Ext. 589; [www.rcdhu.com](http://www.rcdhu.com) or [www.renfrewcountybreastfeeds.ca](http://www.renfrewcountybreastfeeds.ca)
- your family physician, nurse practitioner, midwife, local hospital or walk-in clinic
- a Registered Nurse on the Renfrew County and District Health Unit—Health Info Line at 613-735-8666 or 1-800-267-1097 Ext. 666; [www.rcdhu.com](http://www.rcdhu.com)
- La Leche League Canada Breastfeeding Referral Office 1-800-665-4324 - [www.lllc.ca](http://www.lllc.ca) - to find breastfeeding help near you
- Lactation consultants in the community. Visit [www.renfrewcountybreastfeeds.ca](http://www.renfrewcountybreastfeeds.ca)
- Free advice from a Health Professional 24 hours a day, 7 days a week through Telehealth Ontario 24/7 Breastfeeding Supports at 1-866-797-0000
- Ontario Breastfeeds: a bilingual online breastfeeding service to find area supports
- Renfrew County Breastfeeds: [www.renfrewcountybreastfeeds.ca](http://www.renfrewcountybreastfeeds.ca) provides local and online breastfeeding resources



# Renfrew County and District Health Unit PARENT CHILD DROP-INS

For children from  
birth to 6 years of age

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>Madawaska</b> <b>1<sup>st</sup> MONDAY</b> Madawaska Complex 26A Major Lake Road 10:00 a.m.—11:00 a.m. * open from September to May</p>	<p><b>Renfrew</b> <b>Every TUESDAY</b> Renfrew Public Library 13 Railway Avenue 1:30 p.m.—4:00 p.m.</p>	<p><b>Petawawa</b> <b>Every WEDNESDAY</b> PMFRC Southside Community Centre 1578 Wolfe Avenue 1:30 p.m.—3:00 p.m.</p>	<p><b>Calabogie</b> <b>2<sup>nd</sup> THURSDAY</b> Greater Madawaska Public Library 12629 Lanark Road 10:30 a.m.—11:30 a.m.</p>	<p><b>Pembroke</b> <b>Every FRIDAY</b> Pembroke Public Library 237 Victoria Street 10:00 a.m.—11:30 a.m.</p>	
<p><b>FREE DENTAL CHECK UP</b> Call Dental Services at 613-735-8661 or email familyhealth@rcdhu.com for your child's <b>First Visit by First Tooth or First Birthday</b> check up. This short visit allows parents to have their child's teeth checked by a dental hygienist.</p>	<p><b>Cobden</b> <b>2<sup>nd</sup> TUESDAY</b> Cobden Agricultural Hall 43 Astrolabe Road 10:00 a.m.—11:00 a.m. * closed for July and August</p>	<p><b>Arnprior</b> <b>1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> &amp; 4<sup>th</sup> WEDNESDAY</b> OEYS/AFPRC Kenwood Corp Centre 16 Edward Street South, Suite 130 9:30 a.m.—11:30 a.m.</p>	<p><b>Barry's Bay</b> <b>3<sup>rd</sup> THURSDAY</b> St. John Bosco School 99 Peter Street 10:00 a.m.—11:30 a.m. * closed for July and August</p>	<p><b>Pt. Alexander</b> <b>2<sup>nd</sup> &amp; 4<sup>th</sup> FRIDAY</b> Family Enrichment Network (FEN) (OEYS) 244 Highway 10 West Municipal Building 10:00 a.m.—11:00 a.m.</p> <p><b>CLOSED UNTIL FURTHER NOTICE</b></p>	
	<p><b>Killaloe</b> <b>2<sup>nd</sup> TUESDAY</b> Killaloe Public School 100 Queen Street 10:00 a.m.—11:00 a.m. * closed for July and August</p>	<p><b>Chalk River</b> <b>1<sup>st</sup> &amp; 3<sup>rd</sup> WEDNESDAY</b> Family Enrichment Network (FEN) (OEYS) 19 Railway Street</p> <p><b>CLOSED UNTIL FURTHER NOTICE</b></p>	<p><b>Deep River</b> <b>4<sup>th</sup> THURSDAY</b> Family Enrichment Network (FEN) (OEYS) Mckenzie Community School 87 Brockhouse Way</p> <p><b>CLOSED UNTIL FURTHER NOTICE</b></p>		
	<p><b>Beachburg</b> <b>3<sup>rd</sup> WEDNESDAY</b> St. Andrew's United Church (please use back door) 1774 Beachburg Road 9:30—11:00 a.m. * closed for July and August</p>		<p><b>Eganville</b> <b>3<sup>rd</sup> WEDNESDAY</b> Grace Lutheran Church 14 Bonnechere Street West 10:00 a.m.—11:30 a.m. * closed for July and August</p>		



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All Drop-Ins are closed on statutory holidays