



FÉDÉRATION
Nourri-
Source



THE MILK TRANSFER

SIGNS THAT BABY IS DRINKING WELL

Signs that baby is drinking enough and that milk production is adequate:

- Baby is suckling well, with a good latch and is swallowing milk
- The sucking rhythm is punctuated by small pauses and his chin is lowered when he swallows
- From 0-3 months baby has an adequate weight gain, from 20 g/day
- He wets one diaper per day of life for the first week and 6-8 thereafter
- Seems relaxed and soothed after a feeding



A video on this topic is available on our YouTube channel

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www.nourri-source.org

How to help?

- Latching should not be painful
- Reposition baby as needed
- Make sure the latch is asymmetrical (see the fact sheet on this breast latch)
- Practice breast compression
- Alternate breasts frequently
- Ask for a Nourri-Source breastfeeding volunteer

REFERENCE: LE PETIT NOURRI-SOURCE

