

Breastfeeding & Normal Newborn Behavior

	Behavior	Diapers	Milk Production	Breast Changes
Day 1	Sleepy	Yes	Colostrum	None
Day 2	Clustering Fussy at night	1-3 Wet 1-3 Soiled/Black	Colostrum	None
Day 3	Clustering Fussy at night	1-3 Wet 1-2 Soiled/Dark Brown	Colostrum	Fuller/Heavier
Day 4	Clustering Fussy at night	0-2 Wet 0-2 Soiled/ Brownish Yellow	Colostrum/ Transitional Milk	Engorged
Day 5	Wakes for short feeds	3-6 Wet 1-3 Soiled/ Yellowish Brown	Transitional Milk	Engorged
Day 6	Into the GROOVE!	6-8 Wet 2-3+ Soiled/ Yellow & Seedy	Milk is in	Engorged

Day 11 – First growth spurt; Baby begins clustering again

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