



Signs Your Baby is Getting Enough

Pebble says,
"A happy, satisfied
baby and a confident
parent make the
best team!"



*Every baby is different.
These signs show your baby is thriving.*



Trust your baby.
Trust your body.
You are doing
a wonderful job!



Your Baby's Signs



Heavy Wet and Soiled Diapers

Expect at least
6 wet diapers and
3–4 yellow, seedy
stools each day
after day 4.



Content and Satisfied

After feeds, your baby
seems happy, relaxed,
and content.



Sleeps Well

Your baby sleeps
well between feeds
and wakes for
feedings.



Alert and Responsive

When awake, your
baby is alert,
responsive, and
interested in
their world.



Steady Weight Gain

Your baby grows
steadily over time.
Weight checks at
well-baby visits
help track this.

Frequent Feeding Makes More Milk

The more your baby feeds,
the more milk your body makes.



Frequent feeds help your
baby grow and thrive.

Your Baby's Tummy Size Over Time

Tiny tummies grow—and so does your baby!

Day 1

Cherry
5–7 mL



Day 3

Walnut
22–27 mL



Week 1

Apricot
45–60 mL



1 Month

Egg
80–150 mL



Small tummies need small amounts—often.
Frequent feeds help your baby grow and thrive.



Remember

You know your baby best.
It's normal to have ups and downs.
Be gentle with yourself.
You and your baby are learning together.
You are doing an amazing job!



A Gift for You and Me!
michelleledrew.ca/babygift

A children's storybook and parent guide
about breastfeeding, bonding and
growing together.