


Is your baby thriving

THRIVING CHART

Age Applies to babies born after 37 weeks	WEEK 1							WEEK 2
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
Feeding Milk feedings for the baby	At least 4-5 times or more during the first 24 hours		Breastfeeding: Unrestricted access to the breast allowing the baby to suckle as often and for as long as it needs. At least 8 feedings or more per day (10-12 times). The baby suckles actively and persistently, and you will hear swallowing sounds when the milk has come in. Bottle feeding: Ask for guidance from health professionals regarding the amount of milk your baby needs.					
Bonding Skin-to-skin contact with the baby	Close contact with the bay is especially important during the first days while the baby transitions from life in the uterus to life outside the uterus.		Your baby needs: <ul style="list-style-type: none"> • Skin-to-skin contact - with both parents • To have eye to eye contact and be spoken to • Calm surroundings • To be washed and have diapers changed • To lie on its stomach during periods of wakefulness 					
Urine Number of wet diapers Average within a 24-hour period	1 diaper Possibly orange stains in the urine (urate crystals)	2 diapers	At least 3 diapers. The diaper feels heavier than during the first days.		At least 5 heavy diapers		At least 6 heavy diapers	
Stools Number of soiled diapers Average within a 24-hour period	1 or 2 diapers		At least 2 diapers	At least 4 diapers	At least 4 diapers	At least 4 diapers	At least 4 diapers	
Stools Colour and consistency of the baby's stools	Black, brown or dark green stools - sticky and viscous		Lighter, more greenish stools		Changing to yellowish-greenish stools		Yellow stools with acidic smell. Soft or loose consistency - may contain curds	
Well-being Other Signs of a thriving baby	Your baby: <ul style="list-style-type: none"> • Is awake and alert for short periods; for example during change of diaper or during feedings • Seems content most of the time and can be calmed by close contact • Has normal skin colour; not greyish or pale • May have yellowish colouring of the skin after the first 24 hours, typically in the face and on the chest - also known as jaundice • Normally loses weight during the first days after birth and is expected to reach birth weight at det latest 2 weeks after birth 							

CONTACT THE HOSPITAL OR HEALTH VISITOR, IF:

- Your baby receives fewer meals a day, than described.
- Your baby hasn't passed stools or urine as described.
- The stools have a different colour than described.
- Your baby is drowsy most of the time, or showing signs of not being well
- **Your baby gets jaundiced (yellowish skin colouring) during the first 24 hours**

**NOT SURE
WHETHER
YOUR BABY
IS THRIVING?**



Feeding

If your baby is breastfed less than 4-5 times during the first 24 hours after birth or less than 8 times during the following days

1 breastfeeding is, when the baby is suckling active and persistence minimum for 10 minutes at a time.

- Breastfeed more often, preferably 10-12 times per day
- Try to stimulate the baby's seeking and suckling reflexes by having the baby skin-to-skin at the breast
- Try to create a calm and quiet atmosphere around you
- Try to express a little milk from your breasts for the baby
- You can also stimulate milk production by hand expressing your milk

- The hospital
- Your health visitor

Bonding

Close skin-to-skin contact helps

- Your baby to use less of its energy reserves
- Your baby to keep a more stable body temperature
- Your baby to cry less
- Your baby to suckle more often
- You to get to know your baby better

- When you have your baby skin-to-skin it is only necessary for your baby to wear a diaper. Place the baby on your chest and wrap a warm blanket around your both.

- The hospital
- Your health visitor

Urine

Your baby hasn't passed urine within the first 24 hours

Your baby passes less urine than described on the front page of this chart

If you notice urate crystals in the diaper after the 3rd day

- Breastfeed more often; preferable 10-12 times per day
- Offer both breasts during every feed
- Make sure your baby suckles actively, consistently and that you hear swallowing sounds
- Seek advice and guidance from health professionals

- The hospital
- The hospital
- Your health visitor
- The hospital
- Your health visitor

Stools

Your baby hasn't passed stools during the first 24 hours

Your baby has passed less stools or the stools have a different colour than described on the front page of this chart

One stool = more than a teaspoon

- Breastfeed more often; preferably 10-12 times per day
- Offer both breasts during every feed
- Make sure your baby suckles actively, consistently and that you hear swallowing sounds
- Seek advice and guidance from health professionals

- The hospital
- The hospital
- Your health visitor

Jaundice

Your baby gets jaundiced during the first 24 hours

If your baby is more than 24 hours old, develops jaundice, is drowsy most of the time, needs to be woken for every feed and falls asleep during feeds

Visible jaundice in your baby 14 days after birth or later

- **Contact the hospital right away**
- Breastfeed more often; preferably 10-12 times per day
- Offer both breasts during every feed
- Seek advice and guidance

- **The hospital**
- The hospital
- Your health visitor

- Your health visitor
- Your family doctor

Well-being

- Your baby is persistently fussy and crying - difficult to comfort
- Your baby is showing signs of not feeling well
- Your baby is not interested in feeding

- The hospital
- Your health visitor
- Your family doctor
- Doctor on call

Try to meet your baby's needs for feeding, diaper changes, sleep, calm surroundings and close contact
Seek advice and guidance from health professionals who will, and co-operation with you, try to find an explanation

Signs that the milk supply has increased:

- Clear swallowing sounds when the baby is suckling.
- The baby has 5-6 heavy diapers and at least 4 stools per day.
- The baby's stools have changed colour to yellow and have a soft and gritty texture.

- Milk drips from the breast at the sight or sound of the baby, or when you think of the baby.
- Milk from the other breast drips when you breastfeed.

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Hospital

Health visitor (is filled out during first visit)