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Signs your breastfed baby is getting enough milk:

- Baby breastfeeds at least 8 times every 24 hours, or about every 3 hours
- Baby has 6+ wet diapers a day by Day 5, with clear or pale yellow urine (pee).
- Baby stools (poops) at least 3 times a day after Day 1, and has 4 or more stools (poops) each day by Day 5.
- When baby breastfeeds, you can hear and see sucks and swallows
- Baby gains 4 to 8 oz. every week, after the first week

If you think your baby is not getting enough to eat, call your healthcare provider or any of the numbers listed on the back.

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