



Recognizing the signs of effective breastfeeding

In this video, you'll learn to identify the signs that your baby is breastfed effectively and getting enough milk.

Let's start with the signs of effective breastfeeding:

-the baby's mouth should be wide open with lips turned outward.

The mouth should cover a large portion of the areola, which is the dark part of the breast.

The explanation is simple: the milk ducts are located under the areola. The breast will only secrete milk if it's compressed by the baby's suction.

So if he only latches on the nipple, he won't get any milk!

-the nursing rhythm should be slow and regular. You should be able to see the baby's temple and ear moving, and at times, to hear a slight swallowing noise.

-A baby who has drunk well seems satiated and falls asleep after breastfeeding.

Be aware that in the evening it's normal for your baby to be agitated: his internal clock is still inverted.

Remember: when you were pregnant you could feel him move most at the end of the day...

-Finally, if you feel relaxed, sometimes sleepy, and have supple breasts, it means that your baby is breastfeeding effectively!

Now, how do you know whether your baby is receiving enough milk?

1: he breastfeeds 8 to 12 times a day for the first month.

2: he's gaining weight at an appropriate rate for his age.

3: His diapers are regularly full. This reflects the quantity of milk he has drunk.

-Regarding urine: a baby who drinks well should thoroughly wet 5 to 6 diapers a day by the 4th or 5th day after birth.

-for stools: a baby who drinks well will pass what's called meconium for the first 2 to 3 days.

It's dark, viscous, and very sticky.

Then, the stools will become very soft— even liquid— lumpy, and golden yellow.

After the first week, your baby passes at least 2 to 3 voluminous stools per day.

From 5/6 weeks on, a number of breastfed babies begin to pass stools much less frequently without it being a problem.

<https://www.sikana.tv/en/health/learn-the-basics-of-breastfeeding/reconnaitre-les-signes-d-une-tete-nutritive>