

Norms in the First 3 Days

INFANT	Birth- 2 hours	2-24 Hours	24-48 Hours	48-72 Hours	>72 Hours
State	Alert, Eager to suckle, Instinctive behaviors assist baby to find and latch to the breast	Recovery sleep followed by increasing wakefulness	Increasing wakefulness followed by long, deep sleep after cluster feeds	Periods of light and deep sleep. Wakes to feed frequently	Periods of light and deep sleep. Wakes to feed frequently
Feeding Patterns	Typically feeds within the first hour of birth but may feed minimally	Sporadic, variable and frequent feeds. May not latch or be interested in feeding. (Skin-to-skin contact maximizes feeding opportunities.)	Feeds frequently, 8 or more times including several times at night	Feeds frequently, 8 or more times including several times at night	Feeds frequently, 8 or more times including several times at night.
Feeding Activity	Short bursts of sucking	Short bursts of sucking	Increased interest in feeding. "Fussiness" (feeding cues) calmed by feeding and skin-to-skin contact.	Several bursts of sucking with pauses. Change in rhythm of sucking from fast to slower.	Several bursts of sucking with pauses. Swallowing may be audible. Change in rhythm of sucking from fast to slower.
Food	Human milk (Colostrum)	Human milk (Colostrum)	Human milk (Colostrum and/or Transitional milk)	Human milk (Transitional milk)	Human milk
Output	Voids, not usual stooling,	Voids increase as feedings increase. May void 0-1 times. Stools: Meconium	Increasingly wet diapers. Urine pale in color. May void 2-3 times. Uric acid crystals may be present. Stools: Meconium and transitional	Increasingly wet diapers. Urine pale in color. May have 3 or more wet diapers in 24 hours. Uric acid crystals may be present. Stool: Transitional color changes	Increasing number of wet diapers (4-5 disposable, or 6-8 cloth diapers by 96 hours). Stools – seedy yellow
Color				Slight jaundice	Slight jaundice
Weight	Birth weight	Decreases	Decreases	Decreases	Decreases up to 7%. Starts to increase by day 4-5.

Mother	Birth-2 hours	2-24 Hours	24-48 Hours	48-72 Hours	>72 Hours
Response to baby	Recognizes and responds to feeding cues. Keeps baby close (offers skin-to-skin contact)	Recognizes and responds to feeding cues. Keeps baby close (offers skin-to-skin contact)	Recognizes and responds to feeding cues. Keeps baby close (offers skin-to-skin contact)	Recognizes and responds to feeding cues. Keeps baby close (offers skin-to-skin contact)	Recognizes and responds to feeding cues. Keeps baby close (offers skin-to-skin contact)
Milk Production	Produces colostrums in varying amounts	Produces colostrums – average volume is 7 ml / feed	Produces colostrums and/or transitional milk. Average volume is 14 ml/feed	Increasing amounts of transitional milk. Average volume is 38 ml/feed	Increasing amounts of transitional milk. Average volume is 58 ml/feed
Breasts	Soft	Soft	Soft	Breast fullness beginning	Breast fullness (engorgement if feedings have not been frequent)
Nipples	Intact ¹ . May be flat but evert with feeding	Intact. May be flat but evert with feeding	Tender but intact. May be flat but evert with feeding	Tender but intact. May be flat but evert with feeding	Tender but intact. May be flat but evert with feeding

¹. "Intact" means no bruising or cracking

Jones & Green, 2004, from On-Line Breastfeeding Course: A clinical introduction. C & W. Learning and Development. Adapted from R. Hewat, University of British Columbia School of nursing (<http://www.cw.bc.ca/onlinecourses/sample/bf/ext/normstable.pdf>)