

# BREASTFED NEWBORN INTAKE/OUTPUT NORMS

Your baby's  
tummy size  
comparisons:



	Day 1	Day 2	Day 3	Day 4	Day 5
Age/Hours	0-24	24-48	48-72	72-96	> 96
Milk volume per feeding (mL)	0-5	5-10	10-20	20-30	> 30
Milk volume that mother sees	Drops	1 tsp	1 tbsp	1 oz	> 1 oz
Characteristic of the day	"Anything goes"	"Feeding frenzy"	"Starting to milk"	"Dealing with milk volume"	"Growing"
Number of feeds	> 6	≥ 8	≥ 8	≥ 8	≥ 8
Number of voids*	≥ 1	2-3	4-6	4-6	6-8
Number of stools* †	≥ 1	1-2	≥ 3	≥ 4	≥ 4
Color of stools	Meconium	Meconium	Transitional	Transitional	Yellow
Weight loss norms ‡	Birth weight	< 3%	≤ 6%	≤ 8% (may gain)	Newborn should gain
Excess weight loss §	—	> 5%	> 8%	> 10%	> 10%
Supplement volume (mL)	5-10	10-20	20-30	30-40	40-50*

Newborn has 24 hours to void and 48 hours to stool after birth.

†There may be a lull in stooling after meconium is cleared while newborn waits for milk to come in.

‡Weight loss norms and excess weight loss numbers are ballpark figures and may be different for more robust or more vulnerable newborns.

§Newborns may feed VERY frequently before the milk comes in, even hourly for the first few nights.

Adapted from Stellwagen L, Schanler RJ. Breastfeeding the newborn. AAP Textbook of Pediatric Care. Elk Grove Village, IL: American Academy of Pediatrics; 2013