StrongMoms™
Everything we do is inspired by moms.™

CHARTING THE COURSE

PATTERNS COMMONLY SEEN IN BREASTFED INFANTS.

INDICATOR	AGE	DESCRIPTION
URINE OUTPUT	3–4 days	Pale yellow color to clear (NOT deep yellow or orange)
	5–7 days	6 wet diapers or more
STOOLS	1–2 days	Thick, tarry and black color
	3–4 days	Greenish-yellow color
	5 days	Yellow color (NOT white or clay-colored) with watery, seedy or mustard-like texture
	By 5–7 days	3–4 stools/day
	1 month & older	Number of stools may vary (can be several stools/day, 1 every 3–4 days or 1/week)
WEIGHT GAIN	0–6 months	4–8 ounces/week
	7–12 months	3–6 ounces/week
BREASTFEEDING PATTERN	0–1 month	8–12 feedings/24 hours
	1–2 months	7–10 feedings/24 hours
	2–4 months	6–9 feedings/24 hours
	4–6 months	6–8 feedings/24 hours

NOTES

Strong babies start here.®