

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: not usual	Voids: increase as feedings increase. May void 0-1 times. Stools: Meconium	Increasingly wet diapers. Urine pale in colour. May void 2-3 times. Uric acid crystals may be present. Meconium and transitional stools.	Increasingly wet diapers. Urine pale in colour. May have 3 or more wet diapers in 24 hours. Uric acid crystals may be present.	Increasing number of wet diapers (4-5 disposable or 6-8 cloth diapers by day 96 hours)
Colour				Slight jaundice.	Slight jaundice
Weight	Birth weight	Decreases	Decreases	Decreases	Decreases up to 10%. Starts to increase by

					day 4-5.
MOTHER					
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 colostrum in varying amounts.	Produces colostrum – average volume is 7ml. per feeding	Produces colostrum and/or transitional milk. Average volume is 14ml. per feeding	Increasing amounts of transitional milk. Average volume is 38ml. per feeding	Increasing amounts of transitional milk. Average volume is 58ml. per feeding
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
Birth	0-2	2-24	24-48	48-72	>72

¹ Intact means no bruising or cracking