

**Use this checklist to  
make sure your baby  
is getting enough milk**

**如何確認寶寶是否吃飽了**

- ★ Your baby is nursing every 2 to 4 hours ( minimum of eight feeding per 24 hours ).
- ★ Your breasts feel less engorged and softer and smaller after a feeding .
- ★ Your baby is wetting at least six to eight diapers a day ( urine should be clear , not dark ).
- ★ Your new born baby is passing normal , yellow , seedy , soft stools after most feeding .
- ★ Your baby is apparently satisfied after a feeding .

- ★ Your baby is gaining enough weight , as shown by the doctor's office .
- ★ A baby should stop losing weight by about the fifth day after birth , and should gain back to his or her weight at birth by 2 weeks of age .



圖片摘自網路

For inquiries: Chung Shan Hospital  
Tel: (02) 2708-1166  
OBS ward Ext.: 2000 or 2500  
Nursery Ext.: 2220 or 2222

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(英文版)

**Modern Medicine  
Traditional Care**