

# Is your baby thriving?

THRIVING CHART

Age Applies to babies born after 37 weeks	WEEK 1							WEEK 2
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
<b>Feeding</b> Milk feedings for the baby	At least 4-5 times or more during the first 24 hours		<p><b>Breastfeeding:</b> Unrestricted access to the breast allowing the baby to suckle as often and for as long as it needs. At least 8 feedings or more per day. The baby suckles actively and persistently, and you will hear swallowing sounds when the milk has come in.</p> <p><b>Bottle feeding:</b> Ask for guidance from health professionals regarding the amount of milk your baby needs.</p>					
<b>Urine</b> Number of wet diapers Average within a 24-hour period	 At least 1 diaper. Possibly, orange stains in the urine (urate crystals)	 At least 2 diapers	 At least 3 diapers The diaper feels heavier than during the first days	 At least 5 heavy diapers		 At least 6 heavy diapers		
<b>Stools</b> Number of soiled diapers Average within a 24-hour period	 At least 1 diaper	 At least 2 diapers		 At least 4 diapers				
<b>Stools</b> Colour and consistency of the baby's stools	 Black, brown or dark green stools – sticky and viscous		 Lighter, more greenish stools		 Changing to yellowish-greenish stools		 Yellow stools with acidic smell. Soft or loose consistency – may contain curds	


## Bonding

### Skin-to-skin contact with the baby

Close contact with the baby is especially important during the first days while the baby transitions from life in the uterus to life outside the uterus.

Your baby needs:

- Skin-to-skin contact – with both parents
- To have eye to eye contact and be spoken to
- Calm surroundings
- To be washed and have diapers changed
- To lie on its stomach during periods of wakefulness.



## Signs that your baby wants to feed

**EARLY SIGNS** – offer breast or bottle at these early signs

- Mouth and tongue making suckling movements
- Arms and legs moving
- Seeking, fingers to mouth

**MID SIGNS:**

- Fussing, grizzling noises
- Restless, crying intermittently

**LATE SIGNS:**

- Full cry, moving the entire body, color turns red
- Exhaustion and sleep

## Well-being

### Other signs of a thriving baby

Your baby:

- Is awake and alert for short periods; for example during change of diaper or during feedings
- Seems content most of the time and can be calmed by close contact
- Has normal skin colour; not greyish or pale
- May have yellowish colouring of the skin after the first 24 hours, typically, in the face and on the chest – also known as jaundice
- Normally loses weight during the first days after birth and is expected to reach birth weight at the latest 2 weeks after birth

## Feeding

If your baby is breastfed less than 4-5 times during the first 24 hours after birth or less than 8 times during the following days

- Breastfeed more often, preferably 10-12 times per day
- Try to stimulate the baby's seeking and suckling reflexes by having the baby skin-to-skin at the breast
- Try to create a calm and quiet atmosphere around you
- Try to express a little milk from your breasts for the baby
- You can also stimulate milk production by hand expressing your milk

- The hospital
- Your health visitor
- Health Visitor Hotline

## Urine

Your baby hasn't passed urine within the first 24 hours

Your baby passes less urine than described on the front page of this chart

If you notice urate crystals in the diaper after the 3rd day

- Breastfeed more often; preferably 10-12 times per day
- Offer both breasts during every feed
- Make sure your baby suckles actively, consistently and that your hear swallowing sounds
- Seek advice and guidance from health professionals

- The hospital
- The hospital
- Your health visitor
- Health Visitor Hotline
- The hospital
- Your health visitor
- Health Visitor Hotline

## Stools

Your baby hasn't passed stools during the first 24 hours

Your baby has passed less stools or the stools have a different colour than described on the front page of this chart.

- Breastfeed more often; preferably 10-12 times per day
- Offer both breasts during every feed
- Make sure your baby suckles actively, consistently and that your hear swallowing sounds
- Seek advice and guidance from health professionals

- The hospital
- The hospital
- Your health visitor
- Health Visitor Hotline

## Bonding

Close skin-to-skin contact helps

- Your baby to use less of its energy reserves
- Your baby to keep a more stable body temperature
- Your baby to cry less
- Your baby to suckle more often
- You to get to know your baby better

- When you have your baby skin-to-skin it is only necessary for your baby to wear a diaper. Place the baby on your chest and wrap a warm blanket around you both.

- The hospital
- Your health visitor
- Health Visitor Hotline

## Well-being

- Your baby is persistently fussy and crying
  - difficult to comfort
- Your baby is showing signs of not feeling well
- Your baby is not interested in feeding

- Try to meet your baby's needs for feeding, diaper changes, sleep, calm surroundings and close contact
- Seek advice and guidance from health professionals who will, in co-operation with you, try to find an explanation.

- The hospital
- Your health visitor
- Health Visitor Hotline
- Your family doctor
- Doctor on call

## Jaundice

Your baby gets jaundiced during the first 24 hours

If your baby is more than 24 hours old, develops jaundice, is drowsy most of the time, needs to be woken for every feed and falls asleep during feeds

- Contact the hospital right away
- Breastfeed more often; preferably 10-12 times per day
- Offer both breasts during every feed
- Seek advice and guidance

- The hospital
- The hospital
- Your health visitor
- Health Visitor Hotline

Visible jaundice in your baby 14 days after birth or later

- Seek advice and guidance

- Your health visitor
- Health Visitor Hotline
- Your family doctor

**78 42 65 07**

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MorBarnAfsnittet

**76 29 44 48**

Horsens Kommunes  
sundhedspleje

Health visitor (filled in at first visit)