

# Is Baby Eating?

## HOW TO TELL IF BABY IS EATING AT THE BREAST

A common question new parents have is, "How can I tell if my baby is even eating at the breast?" Unlike a bottle, you can't visually see how much milk is leaving the breast, but that doesn't mean that you can't tell if your baby is eating. Here are some things to check:

- Diapers tell you a lot. There cannot be output without input. Once mature milk comes in, expect at least 6+ wet diapers and 3-4 stools that are the size of a US quarter or larger per 24 hours.
- By three days or when mature milk comes in, you'll probably start to notice swallowing. Good swallowing with ample milk sounds like a small "keh...keh...keh" sound with about one "keh" per second. You may even hear gulping.
- If you don't hear swallowing in the first few days, don't be alarmed. Colostrum is **very** nutrient-dense and very small amounts are enough for the first few days.
- While at the breast, you may notice that your baby's lower jaw drops a little lower and there is a pause when it drops. That drop-pause-close motion is also a swallow.



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