


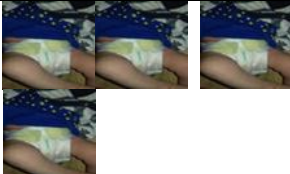

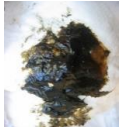





What to expect during your baby's first week

Baby's age	Week 1						
	1 Day	2 Days	3 Days	4 Days	5 Days	6 Days	7 Days
Baby's stomach size	Small marble size			Walnut size			
How often should your baby feed?	4-6 x (or more) on Day 1	8-12 feeds (or more) in a 24 hour period					
Wet nappies	 at least 1	 at least 2	 at least 3	 at least 4	 at least 6 heavy wet nappies from now onwards		
Dirty nappies	At least 	1-2 per day 	At least 3 per day, brown, green or yellow 		At least 3 per day, soft, seedy yellow for next 5-6 weeks 		
Colour & consistency	Tar		Pesto		Cottage Cheese or Wholegrain Mustard		
Baby's weight	Babies may lose up to 7% of birth weight but should be regained by 2 weeks						