

Signs your baby is getting enough

Breastmilk

1.

Your baby
is active and
alert

2.

Your baby is
gaining weight
each week

3.

Your baby has at
least six wet nappies
in 24 hours



*Remember, if the answer to any of the questions above is **NO**, it doesn't mean there's anything wrong, just that you need to get some advice.*

See your doctor or early childhood health nurse.



Print and keep for handy reference