

Breastfeeding steps to Success

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• Does my baby breastfeed 8-12 times in 24 hours (one day)?

• Am I feeding the baby when I see feeding cues?

• Do I hear the baby swallowing?

• Does the baby seem full and satisfied after the feeding?

• Do my breasts feel less full after the feeding?

• Does my baby have at least 4-6 urine (pee) diapers each day?

• Does my baby have at least 3-5 soft stools (bm's) each day?

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