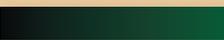


Is your baby thriving

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 | |
| Feeding Milk feedings for the baby | At least 4-5 times or more during the first 24 hours | | Breastfeeding: 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 (10-12 times). The baby suckles actively and persistently, and you will hear swallowing sounds when the milk has come in. Bottle feeding: Ask for guidance from health professionals regarding the amount of milk your baby needs. | | | | | |
| Bonding Skin-to-skin contact with the baby | Close contact with the bay is especially important during the first days while the baby transitions from life in the uterus to life outside the uterus. | | Your baby needs: <ul style="list-style-type: none"> • 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  | | | | | |
| Urine Number of wet diapers Average within a 24-hour period |  2 diapers. Possibly orange stains in the urine (urate crystals) | |  At least 3 diapers. The diaper feels heavier than during the first days. | |  At least 5 heavy diapers | |  At least 6 heavy diapers | |
| Stools Number of soiled diapers Average within a 24-hour period |  At least 2 diapers | |  At least 2 diapers | |  At least 4 diapers | | | |
| Stools Colour and consistency of the baby's stools |  Black, brown or dark green stools - sticky and viscous | |  Lighter, more greenish stools | |  Changing to yellowish-green stools | |  Yellow stools with acidic smell. Soft or loose consistency - may contain curds | |
| Well-being Other Signs of a thriving baby | Your baby: <ul style="list-style-type: none"> • 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 det 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

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 your both.

- The hospital
- Your health visitor

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

- The hospital
- The hospital
- Your health visitor
- The hospital
- Your health visitor

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 you hear swallowing sounds
- Seek advice and guidance from health professionals

- The hospital
- The hospital
- Your health visitor

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

Visible jaundice in your baby 14 days after birth or later

- Seek advice and guidance

- Your health visitor
- Your family doctor

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, and co-operation with you, try to find an explanation

- The hospital
- Your health visitor
- Your family doctor
- Doctor on call