













# Signs of baby well-being

How to observe your baby's well-being

Age Newborn's...	WEEK 1						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Milk</b> How much milk should the baby receive?	<p>At least 4-5 times</p> <p>Breastfed: Unlimited access to breast milk, so that the baby can suckle as much as it needs</p> <p>Bottle fed: Seek instructions from a healthcare professional about the amount of milk your baby should receive</p>						
<b>Contact</b> Skin to skin contact with your baby	<p>Close contact is very important in the first days, where the baby is adjusting from life in the womb to the outside world</p> <p>Your baby needs:</p> <ul style="list-style-type: none"> <li>• Skin to skin contact - both with the mother and the father</li> <li>• Eye contact, and to be talked to</li> <li>• Calm surroundings</li> <li>• To be washed, and have diapers changed</li> <li>• To lie on the tummy while awake</li> </ul>						
<b>Wet diapers</b> Number of wet diapers in average over 24 hours	<p>At least 1 wet diaper. There might be orange stains in the diaper (urates)</p> 	<p>At least 2 wet diapers. There might be orange stains in the diaper</p> 	<p>At least 3 wet diapers during the day. Diapers should feel heavier than the first 2 days</p> 	<p>At least 5 heavy diapers</p> 	<p>At least 6 heavy diapers</p> 		
<b>Dirty diapers</b> Expected dirty diapers in average over 24 hours	<p>At least 1 dirty diaper</p> 	<p>At least 2 dirty diapers</p> 	<p>At least 4 dirty diapers a day</p> 				
<b>Stool</b> Color and consistency of the baby's stool	<p>Black, brown or dark green faeces – sticky and viscous (meconium)</p> 	<p>Lighter and greener faeces</p> 	<p>Faeces should change to yellow/greenish</p> 	<p>Yellow faeces with a particular smell Soft consistency, can be grainy</p> 			
<b>Well-being</b> Other signs showing that the baby thrives	<p>Your baby:</p> <ul style="list-style-type: none"> <li>• Is awake and alert in short periods</li> <li>• Is comfortable most of the time, and can be calmed by close contact</li> <li>• Has a normal skin color (not grey or pale)</li> <li>• After the first day it is normal that the colour of the skin turns a little yellowish typically on the face and chest (jaundice/gulsot)</li> <li>• It is normal that babies loose weight after birth – most babies have regained their birthweight about a week after birth</li> </ul>						

## Milk

If your child is breastfed less than 4-5 times a day in the first day, or less than 8 times a day in the following days

- Try to stimulate your baby's instinct to seek and suckle by having skin to skin contact with your baby. Find a good position when trying to breastfeed (for example laid-back)
- Try to express a little milk from the breast for the baby
- Ensure calm surroundings around you and the baby
- You can also boost the milk production by expressing milk by hand

- Outpatient Clinic/Barselsklinikken
- Health visitor/Sundhedsplejersken

## Wet diapers

Your baby has not urinated in the first 24 hours

- Seek advice and guidance

- Outpatient Clinic/Barselsklinikken
- Health visitor/Sundhedsplejersken

Your baby urinates less than described on the scheme on the other side of this sheet

- Put your baby to the breast more frequently, ideally 10-12 times in the day. Put your baby to both breasts at every breast-feeding session
- Be certain that your baby is sucking actively and persistently, and that you can hear sucking sounds
- You may consult a healthcare professional for advice and guidance

- Outpatient Clinic/Barselsklinikken
- Health visitor/Sundhedsplejersken

If there are still orange stains in the diaper after 3 days

- Seek advice and guidance

- Outpatient Clinic/Barselsklinikken
- Health visitor/Sundhedsplejersken

## Faeces

If your baby has not passed faeces in the first 24 hours

- Seek advice and guidance

- Outpatient Clinic/Barselsklinikken

If your baby has fewer dirty diapers or different color faeces than is described in the scheme on the other side of this sheet

- Put your baby to the breast more frequently, ideally 10-12 times in the day. Put your baby to both breasts at every breast-feeding session
- Be certain that your baby is sucking actively and persistently, and that you can hear sucking sounds
- You can consult a healthcare professional for advice and guidance

- Outpatient Clinic/Barselsklinikken
- Health visitor/Sundhedsplejersken

## Jaundice

Your baby has become yellow within in the first 24 hours after birth

- Seek advice and guidance

- Outpatient Clinic/Barselsklinikken

Your baby is more than 24 hours old and becomes yellow and the baby is sleepier than usual and has to be woken up to feeds

- Put your baby to the breast more frequently, ideally 10-12 times in the day and to both breasts at every breastfeeding session
- Seek advice and guidance

- Outpatient Clinic/Barselsklinikken
- Health visitor/Sundhedsplejersken

The jaundice of your baby occurs 14 days or later after birth

- Seek advice and guidance

- Your own doctor

## Well-being

Your baby is persistently distressed, cries a lot and is difficult to comfort

- Try to meet your baby's needs for food, diaper changes, sleep, rest and close contact
- Seek advice and guidance

- Outpatient Clinic/Barselsklinikken
- Health visitor/Sundhedsplejersken
- Your own doctor
- The doctor on shift/Vagtlægen

Your baby shows signs of not feeling good  
Your baby is not interested in sucking

## Contact:

**6541 1375**  
Outpatient Clinic  
Barselsklinikken

You can contact the Outpatient Clinic within the first 7 days after discharge.

Find more information in our app:  
Mit Sygehus "Nybagte forældre"

You can find the health visitor's telephone no. on your council's homepage

If you or your baby are experiencing any signs of acute illness, you should contact your own doctor or the doctor on shift/vagtlægen 7011 0707