

A photograph of a young couple lying in bed with their baby. The woman is on the left, smiling warmly. The man is on the right, looking up at the baby with a joyful expression. The baby is in the foreground, partially obscured by the man's hand. The background is a simple, neutral-toned wall.

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Breastfeeding Diary

With you at every stage
of your breastfeeding journey

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The #1
brand recommended
by mums worldwide^[1]

Philips Avent Premium breast pump with Natural Motion Technology



[1] According to a 2021 online satisfaction survey by GemSeek conducted among more than 16,000 women using childcare brands and products.

Contents



Introduction

Observations made by parents during breastfeeding and childcare are extremely important. They help to reassure the parents that the child is being fed correctly and to get them more familiar with the lactation process though monitoring the frequency and duration of nursing sessions. They are also helpful in getting to know the child, their behaviour and daily rhythms. In addition, they can be used by healthcare professionals to advise the mother if she is not sure whether her breastmilk supply is sufficient or when supplementary feeding becomes necessary, whether with the mother's own pumped milk or with infant formula.

Breastfeeding	How often?	How long?	What?	How much?
				
Newborns 0-28 days 	8-12 times a day	On average, 15 minutes from one breast, 30 minutes from both breasts per nursing session	Mother's milk	1st-7th day: 10-60 ml/session; from 8th day to 4th week: 70-90 ml/session
Infant 1-6 months 	11 +/- 3 times a day		Mother's milk	On average 800 ml/day
Infant 7-12 months 	6-8 times a day At first 1, later 3-4		Mother's milk Complementary foods	Minimum 500 ml At first 20-30 g, gradually up to 160 g/meal

Overview table.

Remember that every child is different and needs an individual approach so when in doubt, contact a lactation consultant, midwife or doctor.

How does breastmilk change?

Mother's milk is just milk, right?

Yes and no. Your milk is a bioactive substance, which changes during the lactation period! How? Let us explain.

		
Colostrum	Transitional milk	Mature milk
Birth to 3-5 days	3-5 days to 14 days	From about 14 days
Average 30ml of colostrum during the 24 hours after birth	Average increasing to 500ml per day	Ranges from 550-1150ml per day
<ul style="list-style-type: none"> • First stage of breastmilk, usually yellowish color • Produced in small amounts • Helps in digestion of your infant • High in protein, vitamins and protective immunologic components 	<ul style="list-style-type: none"> • Produced as an intermediate between colostrum and mature milk • Lasts up to two weeks • Milk becomes lighter in color • Continued immunologic components 	<ul style="list-style-type: none"> • Larger quantities, the more you stimulate the more you milk • Fat content is different feed to feed • Meets all your baby's nutritional needs for the first six months • Continues to provide nutrition and health benefits during weaning to solids

How long should a breastfeeding session be?

Some babies like to take their time, while others do not waste a single minute when starting to suckle. Feeding rate depends on the child's skill and rate of milk flow from the mother's breast. Newborns take more time to eat, while older babies sometimes take as little as 5 minutes.

On average, it takes 15 minutes to feed a baby from one breast and twice as much to feed them from both.



When is the baby full?

This is a common question asked by breastfeeding mothers. The truth is that every child is different and eats at a different speed.



How can I tell that my baby has had enough milk?

If the baby swallowed regularly while nursing, then it emptied one breast in several minutes. It may want the other breast as well. Some babies release the nipple of their own accord, while others simply fall asleep. You will notice that your child's face and body look more relaxed.

Burping your baby after breastfeeding

When you notice that your child has had enough milk, hold it upright and gently rub or pat its back to help it get rid of any air swallowed while suckling.

Frequently Asked Questions

Who is a lactation consultant?

A lactation consultant can be a midwife or a different healthcare professional who has completed a postgraduate education programme and acquired the necessary knowledge and skills to offer professional and specialized lactation advice.

When should I see a lactation consultant?

It is always worth making sure you are doing everything right when it comes to breastfeeding. If you notice anything that feels off, such as sore nipples, clogged milk ducts, too long breastfeeding sessions, the baby getting restless at the breast, poor weight gain, etc., do not waste time! Most difficulties can be resolved to help you enjoy successful breastfeeding.

Your lactation consultant's contact details:

Apps for Parents

When you are expecting a baby

PREGNANCY+ APP

Congratulations to the future parents! **The Pregnancy+ app features expert advice**, daily articles, healthcare tips and interactive 3D models so you can track your baby's development.



When your baby is already with you

BABY+ APP

Baby born? Congratulations! **Download the Baby+ tracker app to help you track your baby's growth**, development and upcoming milestones. Plus read lots of supportive articles and watch breastfeeding video guides.



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