

A close-up photograph of a man and a woman lying in bed, smiling and looking up at a baby who is partially visible in the foreground. The man has a beard and is wearing a white t-shirt, while the woman is also smiling and looking towards the baby. The background is a dark, textured wall.

PHILIPS

AVENT

Breastfeeding Diary

With you at every stage
of your breastfeeding journey

PHILIPS

AVENT



The #1

brand recommended
by mums worldwide*

Fits

99,98%
of nipples**

**The first breast pump
which adapts to you*****

Quick and gentle











*According to a 2021 online satisfaction survey by GemSeek conducted among more than 16,000 women using childcare brands and products. **Nipple size up to 30mm. ***The first Philips Avent medical breast pump with a soft and flexible silicon cushion which adapts to the changing shape and size of the mother's nipple.

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**This is a medical device. Use it according
to the instructions or label.**

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 razy na dobę	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 razy na dobę		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?

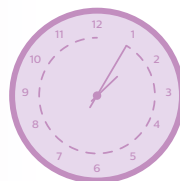
Mother's milk is just milk, right?

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

		
Colostrum	Transitional milk	Mature milk
From delivery to the 3rd-5th day of the child's life	3-5 days to 14 days	from 550 to 1150 ml per day
On average 30 ml of colostrum for 24 hours after birth	Average increase by 500 ml per day	from 550 to 1150 ml per day
<ul style="list-style-type: none"> • First stage of breastmilk production, usually yellowish in colour • Small quantities are produced • Helps with the baby's digestion • Rich in protein, vitamins and protective immunologic factors 	<ul style="list-style-type: none"> • Transitional milk between colostrum and mature milk • Produced for a period of up to two weeks • Brighter in colour • Still contains immunologic factors 	<ul style="list-style-type: none"> • The more stimulation, the more is produced • Fat content varies during breastfeeding and is highest towards the end of the session • Meets all of the nutritional needs of a baby for the first 6 months • Offers nutritional and health benefits • Throughout the breastfeeding period, it supplies immunologic factors which protect the child from many diseases

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.

Date _____

Time of breastfeeding	How long? Breast:		Supplementary feeding – how many milliliters?		Wet diapers	Stool
	Left	Right	Pumped milk	Formula		

Summary:

Dnia	Total feeding sessions / day		Total / day		Total / day	

Date _____

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Notes

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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:

Important notice: Please be advised that natural breastfeeding is superior to infant formula and we only recommend using first infant formula after consulting with a medical doctor, especially a pediatrician, nutritionist, pharmacist or other professionals specialised in mother and child care.



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Hotline: 22 397 15 06

Where should I look for additional
information online?

www.philips.pl/Avent

