

We use the term breastfeeding throughout this infographic, but the information applies to chestfeeding, Trans, and Non-Binary individuals as well

MAMA Lab Learning Hub

# Tracking Infant Growth Without a Scale

Swipe to know more



**MAMA Lab**





During the **State of  
Emergency** in Nova Scotia,  
there were **reduced  
opportunities** for infant  
growth tracking, as visits from  
public health visits were  
cancelled or altered.

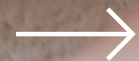




# If you're seeking reassurance, you could:

- **Count wet diapers**

- By day **two**: 2 wet diapers per 24 hours
  - Days **three** and **four**: 3+ wet diapers per 24 hours
  - Day **five** onwards: 6+ wet diapers per 24 hours
- Wet diapers should be **heavy**, and many disposable diapers have an **indicator line** that changes colour when wet
  - Dirty diapers aren't always a great indicator, as breastfed babies don't necessarily poop every day





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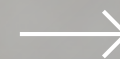
- Count number of feeds
  - Expect **8-12** feeds per 24 hours
- Look for patterns
  - for example, your breasts could feel softer after a feed
- Trust your instincts





# Seek help if you need it!

- Peer Support (see Peer to Peer Support post for a longer list of resources)
- La Leche League Canada
- Lactation Consultant
- Government resources
  - Loving Care books







# References

Alberta Health Services. (2020). Breastfeeding your baby. HealthyParentsHealthyChildren.

<https://www.healthyparentshealthychildren.ca/im-a-parent/feeding-your-baby/breastfeeding-basics/#is-my-baby-getting-enough-breastmilk>

Fry et al (2021). "Infant feeding experiences and concerns among caregivers early in the COVID-19 State of Emergency in Nova Scotia, Canada." *Maternal & Child Nutrition* 17(3): e13154

La Leche League International. (2021). Is my baby getting enough milk? La Leche League International.

<https://www.llli.org/breastfeeding-info/is-baby-getting-enough/>