



# IS MY BABY THRIVING?

The first couple of weeks postpartum can be a blur. Recovering from birth, dealing with sleep deprivation, finding the flow with nursing, and getting to know your unique baby. It's easy to feel like you're in survival mode. Suddenly small things feel like big things and we lose perspective on what's normal. Ideally we would have a group of older women around us to turn to when we're unsure. Someone to mother the mother is a vital role that we've lost. On this handout you'll find a map to reassuring yourself that your baby is thriving and **when to reach out to your provider for help.**

## *Signs My Baby is Thriving*

## *Signs I Should Reach Out*

### HYDRATION

- Urine is clear or yellow
- 6+ pees (not diapers) per day

### CALORIES

- Sleeping 3 hours or less
- Poop is yellow (after meconium)
- Nursing 8-12 x's in 24 hours
- Nursing 10-30 minutes at a time

### UMBILICAL CORD

- Turning brown and smelling funky with drying
- Detaching partly to reveal gooey skin underneath

### SKIN

- Pink skin color
- Slight yellow color around day 5
- Yellowish eye whites around day 5

### ENERGY

- Spends time calm and alert
- Can be calmed when upset and crying
- Becomes upset with diaper changes or when uncomfortable

### TONGUE

- Thin white coating on tongue
- Latches without discomfort and stays latched on

### HYDRATION

- Urine has reddish orange tinge
- Eyes or soft spot seem shrunken

### CALORIES

- Difficult to wake up to nurse
- Consistently appears hungry, is not satisfied after 30+ min nursing
- Poop is green/brown after turning yellow

### UMBILICAL CORD

- Red and irritated skin around cord stump
- Oozing anything that appears pus like

### SKIN

- Yellow / orange skin color
- Yellow color that extends down past nipple line
- Blue / gray color around lips or on chest

### ENERGY

- Difficult to wake up, falls back asleep immediately
- Lethargic with diaper changes
- Difficult to calm when upset

### TONGUE

- Thick white coating on tongue that can be scraped off with fingernail
- Latches on and pops off repeatedly