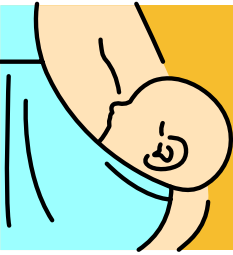


# Breastfeeding timeline

skin to skin  
Golden Hour



## At Birth

When baby is born start **skin to skin** and keep it going for at least an hour or until baby has their first feed.

## 1 hour

If baby has not fed, keep skin to skin going for the next 6 hours.

## 3-6 hours

A midwife or nurse will offer you **support with breastfeeding**.  
If baby has not fed yet, continue skin to skin and start hand expressing.  
<https://aalborguh.rn.dk/udmalkning>  
Offer baby droplets of colostrum on a clean teaspoon, repeat every 3-4 hours until baby suckles.



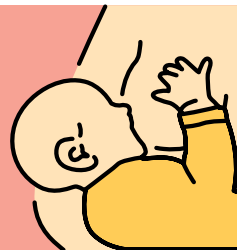
## 12 hours

If baby has not fed yet, continue skin to skin and hand expressing.  
Offer baby droplets of colostrum on a clean teaspoon.



## 24 hours

Has baby had at least **4-5 feeds**? Has baby done **1 poo and 1 wee** yet? If not ask midwife or nurse for help.  
From now on baby must feed at least 8 times in 24 hours.



**Look for poos and wees.**  
**Watch baby for swallowing.**



## 3-4 days

Colostrum comes in small amounts. Around day 3 your supply may increase and become more milky looking.

## 5 days

Babys **poo should be yellow** by now.  
If not ask for help.



## 2 weeks

It takes 2 weeks to reach mature milk, so it's important to build up your supply in this time.

## 6 months

Around this time begin introducing **solid food**.



## 1 year+

Breastfeeding is recommended up to 1 year or longer.  
You can breastfeed for as long as you wish.

