



Healthier
Lancashire &
South Cumbria



**Baby Friendly
Together**

Feeding and relationship building:
forming foundations for life

Wondering about your baby's growth? Here are three tips...

1. **Look in your baby's nappy.** Is your baby doing six or more wet nappies and at least two poos (the size of a £2 coin) a day?
2. **Think about how your baby feeds.** Is your baby having at least eight feeds in 24 hours, for 5-20 minutes?
3. **Look at your baby.** When you look at photos of your baby from a week ago, do they look heavier now?

If you have concerns about your baby's growth or development please contact your peer supporter, midwife, or health visitor.

This has been produced by Lancashire and South Cumbria Infant Feeding Network to provide information for parents of babies who are unable to access clinics for weighing.

A longer version of this guide is available here:
bit.ly/3c4u1lj

