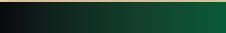


Is your baby thriving?

THRIVING CHART

Age	WEEK 1							WEEK 2
Applies to babies born after 37 weeks	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
Feeding	At least 4-5 times or more during the first 24 hours Breastfeeding: Unrestricted access to the breast allowing the baby to suckle as often and for as long as it needs. At least 8 feedings or more per day. The baby suckles actively and persistently, and you will hear swallowing sounds when the milk has come in. Bottle feeding: Ask for guidance from health professionals regarding the amount of milk your baby needs.							
Bonding	Close contact with the baby is especially important during the first days while the baby transitions from life in the uterus to life outside the uterus. Your baby needs: • Skin-to-skin contact – with both parents • To have eye to eye contact and be spoken to • Calm surroundings • To be washed and have diapers changed • To lie on its stomach during periods of wakefulness 							
Urine	 At least 1 diaper. Possibly, orange stains in the urine (urate crystals)	 At least 2 diapers	 At least 3 diapers The diaper feels heavier than during the first days		 At least 5 heavy diapers		 At least 6 heavy diapers	
Stools	 At least 1 diaper		 At least 2 diapers		 At least 4 diapers			
Stools	 Black, brown or dark green stools – sticky and viscous		 Lighter, more greenish stools		 Changing to yellowish-greenish stools		 Yellow stools with acidic smell. Soft or loose consistency – may contain curds	
Well-being	Your baby: • Is awake and alert for short periods; for example during change of diaper or during feedings • Seems content most of the time and can be calmed by close contact • Has normal skin colour; not greyish or pale • May have yellowish colouring of the skin after the first 24 hours, typically, in the face and on the chest – also known as jaundice • Normally loses weight during the first days after birth and is expected to reach birth weight at the latest 2 weeks after birth							

This chart is developed in collaboration between the maternity and postnatal wards in Herning and Holstebro and “Sundhedsplejen” (the health visitors) in the municipalities of Herning, Holstebro, Struer, Lemvig, Ikast/Brande and Ringkøbing/Skjern

Pay particular attention to		What can you do?	Who can help you?
Feeding			
If your baby is breastfed less than 4-5 times during the first 24 hours after birth or less than 8 times during the following days		- Breastfeed more often, preferably 10-12 times per day - Try to stimulate the baby's seeking and suckling reflexes by having the baby skin-to-skin at the breast - Try to create a calm and quiet atmosphere around you - Try to express a little milk from your breasts for the baby - You can also stimulate milk production by hand expressing your milk	- The hospital - Your health visitor - Health Visitor Hotline
Urine			
Your baby hasn't passed urine within the first 24 hours		Breastfeed more often; preferably 10-12 times per day	The hospital
Your baby passes less urine than described on the front page of this chart		- Offer both breasts during every feed - Make sure your baby suckles actively, consistently and that your hear swallowing sounds	- The hospital - Your health visitor - Health Visitor Hotline
If you notice urate crystals in the diaper after the 3rd day		Seek advice and guidance from health professionals	- The hospital - Your health visitor - Health Visitor Hotline
Stools			
Your baby hasn't passed stools during the first 24 hours		Breastfeed more often; preferably 10-12 times per day	The hospital
Your baby has passed less stools or the stools have a different colour than described on the front page of this chart.		- Offer both breasts during every feed - Make sure your baby suckles actively, consistently and that your hear swallowing sounds - Seek advice and guidance from health professionals	- The hospital - Your health visitor - Health Visitor Hotline
Bonding			
Close skin-to-skin contact helps		When you have your baby skin-to-skin it is only necessary for your baby to wear a diaper. Place the baby on your chest and wrap a warm blanket around you both.	- The hospital - Your health visitor - Health Visitor Hotline
- Your baby to use less of its energy reserves - Your baby to keep a more stable body temperature - Your baby to cry less - Your baby to suckle more often - You to get to know your baby better			
Well-being			
- Your baby is persistently fussy and crying – difficult to comfort - Your baby is showing signs of not feeling well - Your baby is not interested in feeding		- Try to meet your baby's needs for feeding, diaper changes, sleep, calm surroundings and close contact - Seek advice and guidance from health professionals who will, in co-operation with you, try to find an explanation.	- The hospital - Your health visitor - Health Visitor Hotline - Your family doctor - Doctor on call
Jaundice			
Your baby gets jaundiced during the first 24 hours		Contact the hospital right away	The hospital
If your baby is more than 24 hours old, develops jaundice, is drowsy most of the time, needs to be woken for every feed and falls asleep during feeds		- Breastfeed more often; preferably 10-12 times per day - Offer both breasts during every feed - Seek advice and guidance	- The hospital - Your health visitor - Health Visitor Hotline
Visible jaundice in your baby 14 days after birth or later		Seek advice and guidance	- Your health visitor - Health Visitor Hotline - Your family doctor
7842 6507 Section for Mother and Child		Health visitor (filled in at first visit)	