










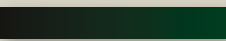
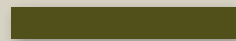
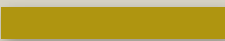
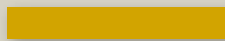


# Is your baby thriving?

THRIVING CHART

Age Applies to babies born after the 37th week	WEEK 1 ..... Contact midwife/maternity unit .....      ..... Contact health visitor .....							WEEK 2
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
<b>Milk for the baby</b>	 <p>At least 8 times in 24 hours or more. The baby suckles actively and persistently and you can hear swallowing sounds as the milk goes down. Breastfeeding: Free access to the breast. Bottle feeding: Seek guidance from healthcare professionals regarding the amount of food</p>							
<b>The size of the baby's stomach</b> Initially, the baby needs small, frequent feeds								
<b>Number of wet nappies</b> Average over 24 hours	 Any orange stains on the nappy (urate crystals)	 At least 3 nappies. The nappy feels heavier than during the first few days		 At least 5 heavy nappies		 At least 6 heavy nappies		
<b>Number of soiled nappies</b> Average within a 24-hour period	 At least 1–2 nappies	 At least 2 nappies		 At least 4 nappies				
<b>Colour and consistency of the baby's stool</b>	 Black, brown or dark green stool – sticky and viscous	 Lighter, more greenish stool		 Change to yellow/green stool		 Yellow stool and acidic odour. Soft consistency - possibly a little lumpy		
<b>Other indications of a thriving baby</b>	<ul style="list-style-type: none"> <li>• The baby is awake and alert for short periods</li> <li>• The baby seems content most of the time and is not listless</li> <li>• Can be pacified by close contact</li> <li>• Has normal skin colour; skin colour is not grey or pale</li> <li>• After the first day, it is normal for the baby's skin to take on a yellowish hue, typically on the face and chest – known as jaundice</li> </ul>							
<b>Getting to know each other</b>	Skin-to-skin contact, eye contact, changing nappies and washing the baby. Pacifying the baby to get it to rest/go to sleep. The baby can be put on its stomach when awake		The baby stays awake longer, and there are more opportunities for contact and interaction					

# If in doubt

## Spotlight on thriving

## What can help?

## Who can help?

### Milk

If the baby feeds fewer than 8 times in 24 hours

Try to encourage the baby's instincts to seek and suckle. You can do this by being in skin-to-skin contact with the baby and creating a tranquil setting. You can try to express a little milk for the baby. You can also try to boost milk production by expressing milk by hand. If you are in any doubt, seek advice and guidance.

The maternity unit, health visitor or Sundhedsplejens Telefonvagt (healthcare helpline)

### Urination

The baby has not passed water within the first 24 hours

Seek advice and guidance

The maternity unit

If the baby passes water less than as described in the Thriving Chart on the front page

For a breastfed baby, you can try putting the baby to your breast more frequently, 10–12 times in 24 hours, possibly on both breasts during each breastfeeding session, and ensuring that the baby is suckling actively, persistently, and that you can hear swallowing sounds. If you are in any doubt, seek advice and guidance.

The maternity unit or health visitor

If there are urate crystals (orange stains) on the nappy after the third day

Seek advice and guidance from healthcare professionals.

The maternity unit or health visitor

### Stool

The baby has not had stool within the first 24 hours

Seek advice and guidance immediately

The maternity unit

The baby has fewer stool or the stool is not of the colour described on the Thriving Chart on the front page

For a breastfed baby, you can try putting the baby to your breast more frequently, 10–12 times in 24 hours, possibly on both breasts during each breastfeeding session, and ensuring that the baby is suckling actively, persistently, and that you can hear swallowing sounds. If you are in any doubt, seek advice and guidance.

The maternity unit, health visitor or Sundhedsplejens Telefonvagt (healthcare helpline)

### Weight

It is normal for the baby to lose weight after the birth. Most newborns return to their birth weight within approximately one week after the birth. If the baby does not start to put on weight after a week, or if the baby has not returned to its birth weight after two weeks, the baby's nutrition needs to be assessed

Assess the baby's nutrition carefully together with a healthcare professional

Health visitor

### Jaundice

Jaundice within the first 24 hours after the birth

Seek advice and guidance immediately

The maternity unit

Jaundice in a baby more than 24 hours old The baby may be listless, has to be woken up for feeds, and possibly falls asleep while feeding

The baby's health needs to be investigated

The maternity unit, health visitor or Sundhedsplejens Telefonvagt (healthcare helpline)

The baby is jaundiced 14 days or more after the birth

Seek advice and guidance

Your own doctor/emergency doctor, health visitor or Sundhedsplejens Telefonvagt (healthcare helpline)

### Behaviour

Persistent restlessness and inconsolable crying

Try to meet the baby's needs for feeding, nappy changing, calming and close contact Seek advice and guidance from healthcare professionals, who will help you to explore possible causes of the crying

The maternity unit, health visitor or Sundhedsplejens Telefonvagt (healthcare helpline)

If the baby is listless and limp and not interested in feeding

Seek advice and guidance immediately

The maternity unit, health visitor or Sundhedsplejens Telefonvagt (healthcare helpline)