

# Access: Start right

<b>Birth</b>	no meds	gentle	24 hr rooming in	mom in charge	BF 1st hr	doula care	colostrum
<b>Day 1</b>	8-12+ feeds	feels OK	stay together	meconium	1 wet		colostrum
<b>Day 2</b>	8-12 feeds	feels OK	stay together	2 stools??	2?? wet		milk changes
<b>Day 3</b>	8-12 feeds	feels OK	stay together	3 stools??	3?? Wet	weight stable/rising	milk in
<b>Day 4</b>	8-12 feeds	feels OK	stay together	4 yellow stools	4??Wet	weight rising	milk rising
<b>Day 5</b>	8-12 feeds	feels OK	stay together	3-5+ stools	many wet	weight rising	milk abundant