









Thriving chart – is your baby thriving?

Age Babies born at 37+ weeks	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	From day 8 and on	
Contact	Maternity unit or Ammeambulatoriet (breastfeeding unit)					After the first contact with sundhedsplejersken (health nurse): Sundhedsplejersken or 1813			
Milk	Unlimited access to the breast, skin to skin and breastfeeding on demand.		Breastfeeding: Unlimited access to the breast, skin to skin, on demand as often and as long as baby wants. Minimum 8-12 times in a 24-hour period. Active and consistent suckling, swallowing sounds heard when the milk has come in. Bottle-feeding: Seek guidance from healthcare professionals regarding the type of formula, daily amount, preparation and so on. Remember skin-to-skin contact.						
Bonding	Close contact and bonding are very important in the first few days of life, where the baby adjusts from life in the womb to life on the outside. Your baby needs: <ul style="list-style-type: none"> • skin-to-skin • eye contact and to be spoken to in a soft voice • a calm setting • lying on the stomach for playtime when awake • to be bathed or have a nappy change as needed 								
Wet nappies	 At least one nappy within the first 24 hrs. Orange stains are normal (urate crystals)		 At least three nappies. The nappy will feel heavier than on day 1	 At least 5 heavy nappies	 At least 6 heavy nappies				
Soiled nappies	First stool within 48 hours			How often breastfed babies soil a nappy differs greatly. Can be anywhere between 1 nappy every 4-7 days and 10 nappies on day 1. A bottle-fed baby must have a bowel motion every day.					
Colour and consistency of the baby's stool	 Black, brown or dark green stool – sticky and viscous			 Lighter, more greenish stool	 Yellow/green stool	 Yellow stool and acidic smell. Soft consistency, may be a little grainy.			
Well-being	Other signs of a thriving baby: <ul style="list-style-type: none"> • awake and alert for short periods, i.e. during nappy change or meals • mostly content and can be settled by close contact and a soft voice • normal skin tone/colour, not grey or pale. Can seem a little yellow in the skin after day 1, typically in the face and chest – this is called jaundice. • can lose a bit of weight after the birth. Your child will usually be back at birth weight after approximately 2 weeks. 								
Sleeping	<ul style="list-style-type: none"> • Always sleep baby on its back • Avoid smoking around the baby • Avoid baby getting too hot while sleeping. Read the pamphlet about preventing SIDS "Forebyg vuggedød" on SST.dk 								

This well-being chart is produced by Fødeafdelingen at Hvidovre Hospital with inspiration from maternity units in Holstebro and Herning (2021)

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Things to watch for	What can help?	Who can help?	
Meals The first 24 hrs: offer free access to the breast and skin to skin contact. Day 2-7: if baby eats less than 8 times a day.	<ul style="list-style-type: none"> Put your baby to the breast more often, frequent feeds at least 8-12 times in a 24-hour period. Try to encourage the baby's rooting and suckling reflex by doing skin to skin contact at the breast. Create a calm setting Try to squeeze out a bit of milk for the baby to taste Express some milk by hand Seek advice and guidance from healthcare professionals. 	<ul style="list-style-type: none"> Maternity unit Sundhedsplejersken (health nurse) Ammeambulatoriet (breastfeeding unit) 	
Bonding with your baby Advantages of skin to skin: <ul style="list-style-type: none"> Your baby uses less of its stored energy Stabilises baby's body temperature Less crying Promotes frequent feeding Closeness promotes better bonding 	When you do skin to skin contact with your newborn, the baby only needs to wear a nappy. Place baby next to your breast and cover both of you with a duvet or blanket.	<ul style="list-style-type: none"> Maternity unit Sundhedsplejersken 	
Wet nappies <ul style="list-style-type: none"> Your baby has not urinated within the first 24 hours The occurrence of urate crystals after day 3 	<ul style="list-style-type: none"> Contact the maternity unit 	<ul style="list-style-type: none"> Maternity unit 	
<ul style="list-style-type: none"> Your baby has fewer wet nappies than described on page 1 of the Well-being Chart 	<ul style="list-style-type: none"> Put your baby to the breast more often, frequent feeds at least 8-12 times in a 24-hour period Offer both breasts at every feed Ensure that the baby has a correct latch and suckles actively, consistently and with audible swallows. If in doubt seek help 	<ul style="list-style-type: none"> Maternity unit Sundhedsplejersken 	
Stools <ul style="list-style-type: none"> Your baby has not had a soiled nappy within the first 48 hours 	<ul style="list-style-type: none"> Contact the maternity unit 	<ul style="list-style-type: none"> Maternity unit 	
<ul style="list-style-type: none"> Your baby has fewer soiled nappies or the stool has a different colour to that described on page 1 of the Well-being Chart 	<ul style="list-style-type: none"> Put your baby to the breast more often, frequent feeds at least 8-12 times in a 24-hour period Offer both breasts at every feed Ensure that the baby has a correct latch and suckles actively, consistently and with audible swallows. 	<ul style="list-style-type: none"> Sundhedsplejersken 	
Jaundice <ul style="list-style-type: none"> Your baby turns yellow within the first 24 hours after birth 	<ul style="list-style-type: none"> Contact the maternity unit 	<ul style="list-style-type: none"> Maternity unit 	
<ul style="list-style-type: none"> Jaundice in your baby later than 24 hours after birth, as well as the baby being lethargic, hard to wake for feeds and falling asleep quickly during the meal 	<ul style="list-style-type: none"> Seek advice and guidance Put your baby to the breast more often, frequent feeds at least 8-12 times in a 24-hour period 	<ul style="list-style-type: none"> Maternity unit Sundhedsplejersken Your family doctor 	
Well-being <ul style="list-style-type: none"> Your baby is constantly unsettled, crying, fussing and hard to soothe Your baby is showing signs that it is not well Your baby is not interested in suckling or seems lethargic 	<ul style="list-style-type: none"> Try to meet the baby's needs for feeding, nappy changing, sleep, a calm setting and close contact Seek advice and guidance from healthcare professionals 	<ul style="list-style-type: none"> Maternity unit Sundhedsplejersken Your family doctor Emergency 1813 	
Maternity unit 38 62 24 10	Breastfeeding unit 38 62 34 34 (from 8am-10am)	Emergency 1813	Health nurse