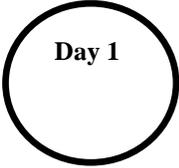


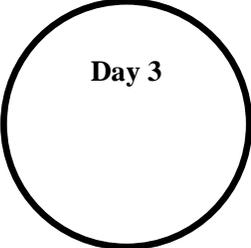
Little Baby Bellies

Babies are born with little bellies. Your baby's belly will fill quickly because it can only hold a small amount.



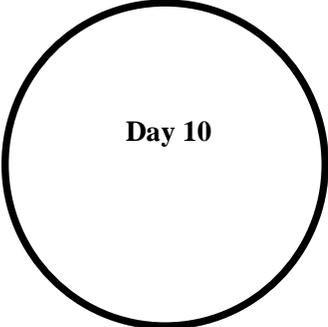
Day 1

This is your baby's belly **the first 24 hours** after birth. It can only hold about **2 teaspoons**. If you feed your baby more, it will just come back up. **Wow! So small!** Your "first milk" (colostrum) is produced in small amounts - 1 to 4 teaspoons. **How about that!**



Day 3

By **day 3**, your baby's belly holds 1½ to 2 tablespoons – about an ounce. If you over feed your baby, he will spit-up, vomit or cry with a belly ache. **Who needs that!** Small bellies need frequent feedings, not big feedings. Expect your baby to nurse often, about every 1½ to 3 hours. The more the baby nurses, the more milk you will make.



Day 10

By **day 10** your baby's belly holds about **2 ounces**. All babies spit up a little. If fed too much, they spit up a lot. "Topping off" a feeding with formula can result in vomiting, belly aches and less breastfeedings. **Why do that?**

Your belly is the size of a softball. Just like your baby, if you overeat, you will feel uncomfortable, nauseous and have a bellyache. **Who needs that!**

Tips to Calm and Comfort Your Little One

During the transition from hospital to home, your baby may want to stay cuddled close to you most of the time for comfort. Your soft touch, familiar voice and the sound of your heartbeat are soothing. If you try to put your baby down to sleep, he may cry and fuss. This is normal baby behavior during the transition and will soon pass. Be patient! Keep nursing and offer plenty of skin-to-skin contact. The tips below will help.

- ♥ Before birth, your baby's hands were his best friends! Babies need to touch and feel so avoid using mittens. Filing baby's nails every few days helps prevent scratching.
- ♥ After feeding, don't lay your baby down to sleep right away. Snuggle for a while until your baby falls into a deeper sleep. Then try laying baby down on his back. Don't try putting baby on his back when he is fussy. It will make him fuss even more. First try the age old calming methods such as **swaddling, shushing or gentle jiggling**.
- ♥ Most of all, babies love **nursing and plenty of skin-to-skin**. They are like the icing on the cake! For more information, call WIC or search the web for "Happiest Baby on the Block."

Mother's Milk: Comfort food for little baby bellies



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY



Pennsylvania WIC Program
1-800-WIC-WINS

2013