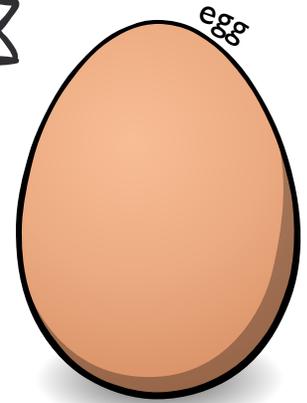
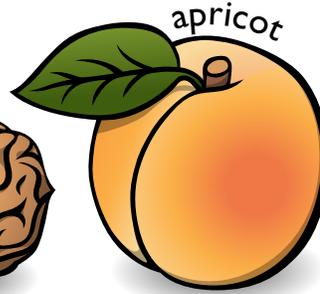
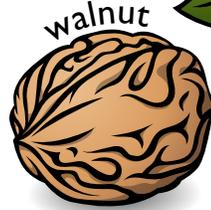
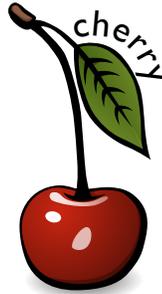


Get Started Breastfeeding



Colostrum is the very thick milk your body makes first. In the beginning, it comes out in drops and may not seem like much, but it is the perfect first food for your baby.

Your baby's stomach is small!



Stomach size at: **1 Day**
5-7ml

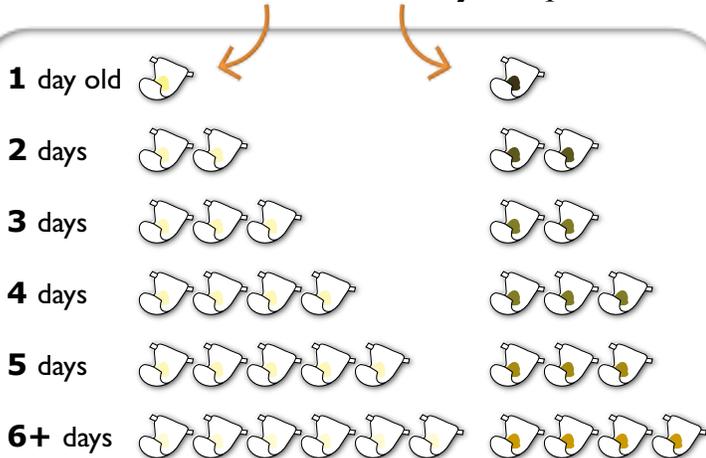
3 Days
22-27ml

1 Week
45-60ml

3 Weeks
80-150ml

How do I know my baby is getting enough?

1. Your baby will fall asleep after time at the breast. Their arms will be relaxed.
2. Your baby doesn't lose too much weight. Some weight loss in the first week is normal. We will weigh your baby every day in the hospital to make sure they are on track.
3. Your baby will have the right number of **wet** and **dirty** diapers.



Tips

- Your baby should **breastfeed frequently!** Watch for your baby's hunger cues and breastfeed 8-12 times every 24 hours.
 - If your baby often has trouble staying awake at the breast, you may need to help your milk to come in. Your nurse can show you how to do this with your **hands or a breastpump.**
- Spend time **skin-to-skin** with your baby. This helps them adjust to life outside your body and may help them breastfeed more frequently.
- On your baby's second day or night they might want to breastfeed more often. This is called **cluster feeding.** Cluster feeding can be exhausting so ask for help with the baby. Know that cluster feeding helps your body bring in more milk!
- Breastfeeding **should not hurt.** If it does, call your nurse to help you.

It is very rare that a baby will need any formula.



Talk with your health care provider if you think your baby needs more milk.

