

# "Little Baby Bellies"

Babies are born with little bellies. For the first few days your baby's belly fills 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 comfortably hold about **1-2 teaspoons**. **Wow! So small!**  
The amount of "first milk" (colostrum) in the breast is 1 to 4 teaspoons.  
**How about that!**

Day 3

By **day 3**, your baby's belly holds  $\frac{1}{2}$  to **1 ounce**. If you over feed your baby he will spit-up, vomit or cry with a belly ache. **Who needs that!**  
Expect your baby to nurse often, about every  $1\frac{1}{2}$  to 3 hours. The more the baby nurses, the more milk you will make. More and more milk comes into your breast.

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!**

## Mommy Tips

The first few days at home are usually a big adjustment for both of you. Your baby is more awake and alert than he was at the hospital. Before birth he had 24 hours a day of warmth and comfort. Now he realizes the change and he will let you know! Staying near Mommy is the most comforting place for him to be! Your baby loves your soft touch and the familiar sound of your heartbeat is soothing. He may want to stay cuddled close to your chest and if you put him down to sleep, he may protest. This is normal. If he cries and fusses, you are not doing anything wrong and it may not mean that he is hungry. He just needs his Mommy! By giving him the snuggle time he needs, you are doing just what your baby needs to feel safe and secure. **Be patient! Your baby will soon adjust to his new world!**

- ♥ After most feedings, your baby will get drowsy or fall into a light sleep. Try to burp him after the first side. After he nurses from the second side, don't move or burp him right away. Instead, snuggle his head on your chest for a while until he falls into a deeper sleep. Then try laying him down on his back.
- ♥ Many babies need to suck for calming. Before birth your baby's hands were his best friends. It is not recommended to put mittens on the baby. Your baby needs to touch and to feel. It's OK for her to suck on her fingers. Trim her nails every few days to help prevent scratching.



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



Pennsylvania WIC Program  
1-800-WIC-WINS  
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