



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

The first 24 hours after birth, your baby's belly is only the size of a cherry. It can comfortably hold about **1-2 teaspoons**. The small amount of "first milk" (colostrum) in your breast is 1-4 teaspoons, just what your baby needs.

Day 3

By **day 3**, your baby's belly is about the size of a walnut, and holds **½-1 ounce**. If you over feed your baby he will spit-up, vomit or cry with a belly ache. 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 is about the size of an apricot (**2 ounces**). All babies spit up a little. If fed too much, they spit up a lot! "Topping off" a feeding with formula can cause your baby to vomit and have a belly ache. If baby eats too much, he will nurse less, and your body will make less milk. It's best to feed baby only breast milk. You make just the amount of milk your baby needs.

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

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 she was at the hospital. Before birth your baby had warmth and comfort 24 hours a day. Now she realizes the change and will let you know! Staying near Mommy is the most comforting place for baby to be! Your baby loves your soft touch, and the familiar sound of your heartbeat is soothing. Your baby may want to stay cuddled close to your chest and if you put her down to sleep, she may protest. This is normal. If she cries and fusses, you are not doing anything wrong and it may not mean that she is hungry. Your baby just needs her Mom! By giving her snuggle time, you are giving your baby just what she needs to feel safe and secure.

- After most feedings, your baby will get sleepy or fall asleep. 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 your baby down on his back.
- Many babies need to suck to calm themselves. Before birth your baby's hands were her best friends. You don't need to put mittens on the baby. It's better for baby to be able to touch and feel. It's OK for her to suck on her fingers. Trim her nails every few days to help prevent scratching.