

MOM NEEDS TO UNDERSTAND:

- It is okay to hold baby all the time.
- It is okay to nurse your baby whenever the baby seems hungry, especially in the first three days.
- “Attachment” parenting rather than “Parent controlled” meets the needs of each infant.

ANOTHER HELPFUL HINT:

Your baby’s hands were his best friends in your womb. He could suck on his thumb or his fingers anytime he wanted.

All of a sudden someone has put mittens on him! He has no way of soothing himself with mittens on. Babies need to touch – to feel – and even his touch on your breast will increase milk-producing hormones!

So take the mittens off and loosen his blanket so he can get to his hands. He might scratch himself, but it will heal very rapidly – after all, he had fingernails when he was inside you, and no one put mittens on him then!

KEEP CALM AND LATCH ON!

REFERENCES: Mohrbacher, Nancy. Breastfeeding Answers Made Simple, Riordan & Wambach. | Breastfeeding and Human Lactation 5th Ed., HCroal PRHC/POPC/Breastfeeding Clinic/2018

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BREASTFEEDING

BABY’S SECOND NIGHT



You’ve made it through your first 24 hours as a new mom.

Maybe you have other children, but you are a new mom all over again and now it is your baby’s second night...

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WHAT IS BABY'S SECOND NIGHT?

- Occurs 24 hours after birth (generally the second night).
- Baby wants to be on the breast constantly, often from 9:00 p.m. to 1:00 a.m.
- Baby falls asleep at the breast and wakes up as soon as put down.
- Mom's energy starts to decrease.
- Mom is concerned that baby is "starving" and "doesn't have any milk."

WHAT IS REALLY GOING ON?

- Baby wakes up the second day.
- Mom and baby have about 54 interruptions from staff and visitors each day, 17 minutes in length. This can be tiring for you and baby and causes shorter deep sleep cycles.
- Baby has difficulty settling.
- Baby wants to be closest to the womb (at home) or on the breast. Closest to the womb happens when baby is on the breast, where he can experience skin-to-skin contact and many of the same sounds.

WHAT CAN I DO TO HELP MY BABY BREASTFEED?

All of a sudden your baby knows that he is no longer in the warm and comfortable womb, where he spent the last nine months. He isn't hearing your heartbeat,

the swooshing of the placenta, the soothing sound of your lungs or the comforting gurgling of your stomach.

Instead, he's in a crib, with clothes, hat and a blanket. All sorts of people have been handling him, and he's not yet familiar with the new noises, lights, and smells. He has found one thing though, and that's his voice. Each time you take him off the breast, where he drifted off to sleep and you put him in the crib, he protests – loudly!

In fact, each time you put him back on the breast, he nurses for a little bit and then goes back to sleep. When you put him back to bed, he cries again and starts rooting around, looking for you. This seems to go on for hours. A lot of moms think it's because their milk isn't "in" yet, and the baby is "starving." However, that is not true. The baby knows the most comforting place for him to be is at the breast. It's the closest to "home" he can get.

SO, WHAT DO YOU DO?

When he falls to sleep after breastfeeding, don't move him too much but place his head softly on your breast. Don't try and burp him – just snuggle until he falls into a deeper sleep and won't wake up when moved. Babies go into a light sleep and deep sleep every ½ hour or so. If he starts to root and wants to go back to the breast, that's fine. This is his way of settling and comforting.

WHAT ELSE CAN WE DO?

• Skin-to-Skin:

The first step in helping you with breastfeeding. It helps to increase hormones for milk supply and reduces stress in both you & baby

- Decrease noise and visitors.
- Keep lights dim.
- Assess if baby is getting a good 'latch' onto the breast.

WE WANT YOU TO:

- Connect with your baby.
- Have your baby connect with you.
- Not be stressed.
- Understand your baby's cues.

