

# BREASTFEEDING

# YOUR NEWBORN



**BREASTFEEDING  
USA**

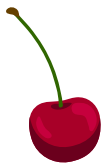
## HOW LONG?

Usually first feeds last between 20-40 minutes, but can be shorter or longer.

## HOW OFTEN?

Generally newborns need to nurse every 2 hours or so. Baby may want to nurse more, which is their way of boosting your milk supply.

## HOW MUCH DOES BABY NEED EACH FEED?



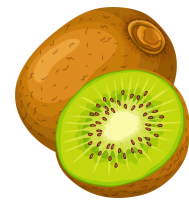
Day 1  
5-7ml  
1-1.5 tsp



Day 3  
22-27ml  
.75-1oz



Week 1  
45-60ml  
1.5-2oz



Week 2  
80-103ml  
2.5-3.5oz

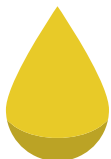
## Did You Know?



That breastmilk production is triggered by the placenta's removal from the uterus?

## THE SCOOP ON COLOSTRUM

Colostrum is the sticky, golden colored milk you may produce during pregnancy and after birth. Even though you do not produce a lot, you won't run out. You will start producing transitional milk around 2-4 days, and then mature milk around 10 days postpartum. If you are pumping after birth, expect to pump less than an ounce at a time.



Colostrum



Transitional Milk



Mature Milk