

BREASTFEEDING YOUR NEWBORN



BREASTFEEDING
USA

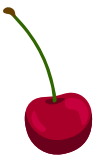
HOW LONG?

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?



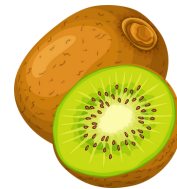
Day 1
5-7ml
1-1.5 tsp



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