

## Information for breastfeeding families

# Baby's Second Day



Often babies are very sleepy the first day after birth. It will be a challenge to keep them awake long enough to feed, and they may not wake up frequently for feeds. So you may need to arouse your baby to feed at least 8+ times that first day. But by the second day, your baby may be more awake, ask for feedings, and be unsettled. This can be upsetting and you might not know what to do to sooth your baby.

### **Second Night Syndrome**

Generally occurs about 24 hours after birth for almost every baby. Your baby will want to be on the breast constantly but quickly fall asleep. If you put him down, he will probably wake up. If you put him back to breast, he will feed for a short time and fall asleep. You may go back and forth with this many times.

Because you will be exhausted at that point, it would be easy to send your baby to the nursery or request a bottle feeding, **BUT** here is the best strategy:

### **Hold your baby skin-to-skin**

Skin-to-skin holding is very soothing to your baby. He is familiar with the feel and smell of your body.

### **Offer the breast when he wants to eat**

This is the best way for you to bring in an excellent milk supply. Frequent nursing is the key to an abundant milk supply. Just make sure your baby has a good latch at the breast. Your nurse or lactation consultant can give you pointers on positioning and latch-on.

### **Assure that your baby is drinking**

Make sure your baby is getting milk while at the breast.

- ✓ Check for a wide, deep latch on the breast
- ✓ The angle of your baby's mouth on the breast is 150° or wider
- ✓ Arouse your baby if he becomes drowsy while nursing
- ✓ Listen for swallows every 5-15 sucks

### **Nap when your baby naps**

Take a short nap whenever your baby is asleep. It is likely he will want to be fed several times through the night, so take advantage of any quiet time to rest.

### **Enlist help!**

Work out a plan with your partner, sister, mother, anyone who can spend the night with you. They can take turns holding and walking or rocking the baby while you take a break.

### **You are not alone**

Just knowing that Second Night Syndrome is common may help you relax a bit. Almost every baby experiences this, but it will last only a night or two. Maybe three.

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