

Feeding Your Newborn - Birth to Day 10

Babies are born to breastfeed. Your newborn will eat about 8-12 times a day; this is about every 2-3 hours. Newborn babies need to eat often because they have tiny stomachs. They can only eat small amounts at a time.



Stomach size on Day 1

Marble



1-1 ½ teaspoons or
5-7 ml **per feeding**
(just sips)

Stomach size on Day 3

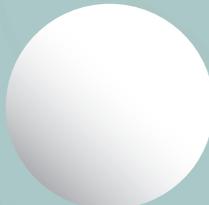
Ping Pong Ball



about 4 ½ - 5 ½ teaspoons
or 22-27 ml **per feeding**

Stomach size on Day 10

Extra Large Chicken Egg



12-16 teaspoons,
60-81 ml or
2-2 ¾ ounces **per feeding**

Stomach size grows slower after Day 10, reaching 4 ounces (118 ml) per feeding usually by three or four months.

Feeding Tips

- Breastfeeding is the natural way to feed your baby.
- Have patience as your baby learns to feed.
- Cuddle and love your baby during feedings. Your baby loves to look at your face.
- Feed your baby before he is upset or crying and avoid putting him on a strict feeding schedule.
- Sometime between Day 8 and Day 14, your baby will reach his first growth spurt and may want to eat more often.

By Day 4:

- Your newborn should make about 4 wet and 4 poopy diapers each day.
- Important! Call your baby's doctor if your newborn goes through less than 6 diapers a day, or does not make at least 1 poopy diaper a day by Day 4.

What comes out in your baby's diaper helps you know if your newborn is getting enough to eat. Ask WIC for the handout "Diapers of the Breastfed Baby."

Feed your newborn when she wants to eat. Your baby will wiggle, smack lips, stick tongue out, bring hands to mouth or fuss when hungry. Try to wake your newborn baby to feed if she has slept more than four hours.

Breastmilk is the perfect food for your baby.

- Ideal nutrition for growth and health
- Easy for baby to digest
- Changes over time to meet baby's growing needs
- Protects baby from illness
- Is always the perfect temperature

Avoid bottles and pacifiers for the first month if you are exclusively breastfeeding.

Breastmilk has more of the good things babies need.

**F
O
R
M
U
L
A**

Minerals
Vitamins
Fat
DHA/ARA
Carbohydrates
Protein
Water

**B
R
E
A
S
T
M
I
L
K**

Antibodies
Hormones
Anti-Viruses
Anti-Allergies
Anti-Parasites
Growth Factors
Enzymes
Minerals
Vitamins
Fat
DHA/ARA
Carbohydrates
Protein
Water



This institution is an equal opportunity provider.

DCH-1322
March 2016

The Surgeon General's Call to Action to Support Breastfeeding 2011:
There are health risks associated with formula feeding and early weaning from breastfeeding.
Questions? Talk to your WIC staff.