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## **Surviving the First Few Weeks**

### **Breastfeed whenever your baby shows feeding cues**

It may seem like a lot, but your baby needs your milk and your breasts need the stimulation to make milk. Newborns need to be fed around the clock so they get at least 8 or more feedings in 24 hours.

### **Wake your baby up before feedings**

A drowsy baby will not feed for long. Undress him to his diaper, rub his back, and talk to him until his eyes open. Change his diaper. If he is still sleepy, try putting him naked (except for a diaper) on your chest skin to skin for 1/2 hour prior to feeds. Use a blanket to cover him and your bare chest so he doesn't get cold.

### **Keep your baby sucking through the feeding**

If she falls asleep, use massage on her back, hands, or feet and talk to her to keep her going. You may also massage or compress and release your breast to help keep your milk flowing. Look for strong sucking on each breast.

### **When do I get to sleep?**

Sleep when your baby sleeps. Newborns feed a lot at night and sleep more during the day. Around the clock feeds are exhausting, try to nap when your baby does. If you have older children who no longer nap, try to rest when you have a family member or friend around to help. You can also encourage the baby to spend more time awake during the day by feeding more frequently and playing with him.

### **Do as little as possible at night**

Feed your baby when she tells you she is hungry. Don't turn on any lights, don't change the diaper (unless it is running out or she has a diaper rash). You don't want baby wide awake when you are ready to go back to sleep.

### **Find your groove**

It will take several weeks for you and your baby to get into a routine with feedings and nap times. Go with the flow and allow your baby to show you what his natural rhythms are. He will develop a pattern that works for him. Schedules don't tend to work until the baby is a bit older and bigger.

If you feel like your baby is difficult to wake to feed, very fussy between feedings, or have questions about making breastfeeding work for you, please call the Breastfeeding and Pumping Helpline: (816) 346-1309.

*Adapted from "Breastfeeding Moms Survival Guide for the first Two Weeks" Lactation Education Resources*

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