

- Congratulations! you have made it through the first 24 hours with your new baby
- many parents report that when they first get home (usually the second night) their baby is not as content
- you may find that when you take your sleeping baby off your breast he cries loudly and starts seeking the breast again. This can go on for most of the night
- this “second night” behaviour can happen at other times too. Often when baby feels stressed



Why does my baby seem so unsettled?

- after birth your baby discovers that his environment has changed; there are new noises, lights, sounds, smells
- he is no longer warm and comfortable in the womb
- he is not hearing the familiar sound of your heartbeat or the swooshing sound of the placenta
- your baby may also miss the soothing sound of your lungs or the gurgling of your intestines
- your baby is looking to be close to you and is needing to be comforted and soothed
- people may have been handling your baby and your baby is overstimulated

Did you know?

- many babies soothe themselves by sucking on their hands or fingers
- babies need to touch and feel
- baby's touch on your breast will increase your oxytocin levels which will help boost your milk supply!
- loosen your baby's blanket and avoid putting mittens on his hands. He might scratch himself, but it will heal quickly

So What do You do?

- when your baby falls asleep at the breast after a good feed, break the suction and slide your nipple gently out of his mouth
- try not move your baby right away, burping is not necessary—snuggle with him until he falls into a deep sleep. This should take about 20 minutes
- when your baby has been asleep for about 20-30 minutes put him down in a safe sleeping space if you wish. If he starts to root and act as though he wants to go back to breast, that is okay
- let him breastfeed as often as he shows signs of wanting to feed. A lot of moms think babies feed frequently because they do not have enough milk. This is rarely the case
- keep your baby skin to skin as much as possible. Babies sleep more deeply in skin-to-skin contact
- make sure your baby has a good latch and is swallowing. If you are not sure, ask for help from a Lactation Consultant or your doctor

The Breast is a Place of Comfort

- the breast is one of the most comforting and familiar places for a baby to be
- try to remember that by breastfeeding your baby often in the first few days you are also helping to build your milk supply and keep your newborn baby's blood sugar stable
- frequent feedings are normal
- comforting your baby at the breast will not “spoil” him or create bad habits. This is what your baby needs to feel safe and secure

- Remember, the “second night” is a normal transition as your baby adjusts to his new surroundings. It can be a tiring time for everyone, but soon you and your baby will settle into your new family life. Enjoy.

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