

Breastfeeding...

The Second Night

What to expect... the second night

Congratulations , you have made it through your first 24 hours as a new mom! Now, it's the second night. Most babies are very sleepy their first 24 hours of life. They have been through a HUGE and very tiring transition. But on the second night, things change. Your sweet little baby discovers that he is no longer in the womb. He can't hear your heartbeat and lungs anymore, its not warm and cozy. There are all kinds of new noises, lights, and smells. It is very overwhelming for baby! Its normal for them to cry when they leave the breast. They seem to want to eat all the time, fall asleep and then wake up as soon as you put them down! What do you do?

Helpful hints

- Do lots of skin to skin contact with baby. This is the closest he will get to being back inside that safe, cozy uterus!
- Let him nurse, this will help your mature milk come in faster. Remember, the colostrum is all he needs until then!
- When he drifts off to sleep at the breast after a good feed, break the suction and slide your nipple gently out of his mouth. Don't move him except to pillow his head more comfortably on your breast. Don't try and burp him – just snuggle with him until he falls into a deep sleep where he won't be disturbed by being moved. Babies go into a light sleep state (REM) first, and then cycle in and out of REM and deep sleep about every ½ hour or so. If he starts to root and act as though he wants to go back to breast, that's fine...this is his way of settling and comforting.
- Let baby have his hands! They were always available to him in utero, keep them that way now! He had fingernails in utero too, if he does scratch himself, it will heal quickly. Let him touch and feel– no mittens or swaddling those arms!
- Remember: this second night concept might happen every once in a while after a visit to the doctor, grandparent's house, to the mall, to church etc. Remember that for baby, the breast is “home”!

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Need breastfeeding help? Call (715) 421-8911, (715) 389-3903, or (715) 421-7452.

