

Your First Days With Your Baby

Skin-to-skin. Feed on demand. Watch the baby for feeding cues rather than the clock.

After delivery

FIRST 4 HOURS

Baby is most awake — start breastfeeding right after delivery.

NEXT 24–48 HRS

Sleepiest stretch. Wake baby every 3 hours to feed, or use skin to skin to rouse.

SECOND NIGHT

Cluster feeding — buffet at breast until milk comes in, day 3–5.

Feeding cues

- EARLYStirring · mouth opening · turning head · rooting
- MIDStretching · more movement · hand to mouth
- LATECrying · agitated movements · turning red

With late cues, calm first: cuddle, skin to skin on your chest, talk, stroke — then feed.

The latch



Deep latch
Reaches the soft palate. Pulling or tugging; mild pain at first can be normal.



Shallow latch
Pinching or biting, painful the whole feeding. Unlatch and try again.

Positions to try



Cross cradle
Baby on their back at your side, head level with your nipple.



Football hold
Baby along your side; extra head support for a weak suck.

Diaper log

Day	Wet	Dirty	Stool
1	1–2	1	Black, tarry, sticky
2	2–3	2	Black, tarry, sticky
3	3–4	3	Turning brown-green
4	4–5	3–4	Brown-greenish
5	4–5	3–5	Turning yellow, seedy
6 +	6 or more	1–3	Yellow, seedy

Is my baby getting enough?

- Wet and dirty diapers — the best daily sign
- Sucking and swallowing during feeds
- Breast feels softer afterward
- Baby calm and satisfied after feeds

Your milk in these days



Colostrum, days 0–3 — thick, yellowish, rich in IgA antibodies for passive immunity.

Transitional, days 4–14 — more volume, higher fat and lactose for rapid growth.

Mature, after ~2 weeks — balanced water, fat, protein, lactose, vitamins, minerals, enzymes and antibodies.

If you supplement

Supplementation = Expression

- Supplement only when medically necessary, in a reasonable amount.
- Use your own expressed milk if you can pump the amount — and pump each time you supplement.
- Keep offering the breast between supplementations.

Quick breast pumping instructions

- Wash hands & assemble pump.
 - Center nipple in flange.
 - Start low in stimulation/ massage mode.
 - Switch to expression when milk flows; increase suction to comfort.
 - Pump ~15–20 minutes or until flow slows.
 - Clean pump parts & store milk safely.