



California WIC  
Program

# 3 Newborn Feeding Secrets

Learn about 3 newborn feeding secrets. Knowing these secrets will help you feel more confident feeding your baby.

- 1 Your breastmilk is enough for your baby.
- 2 Breastfeeding takes practice.
- 3 Newborns cry more the second day of life.

Ask a health care professional or WIC right away when you have questions.

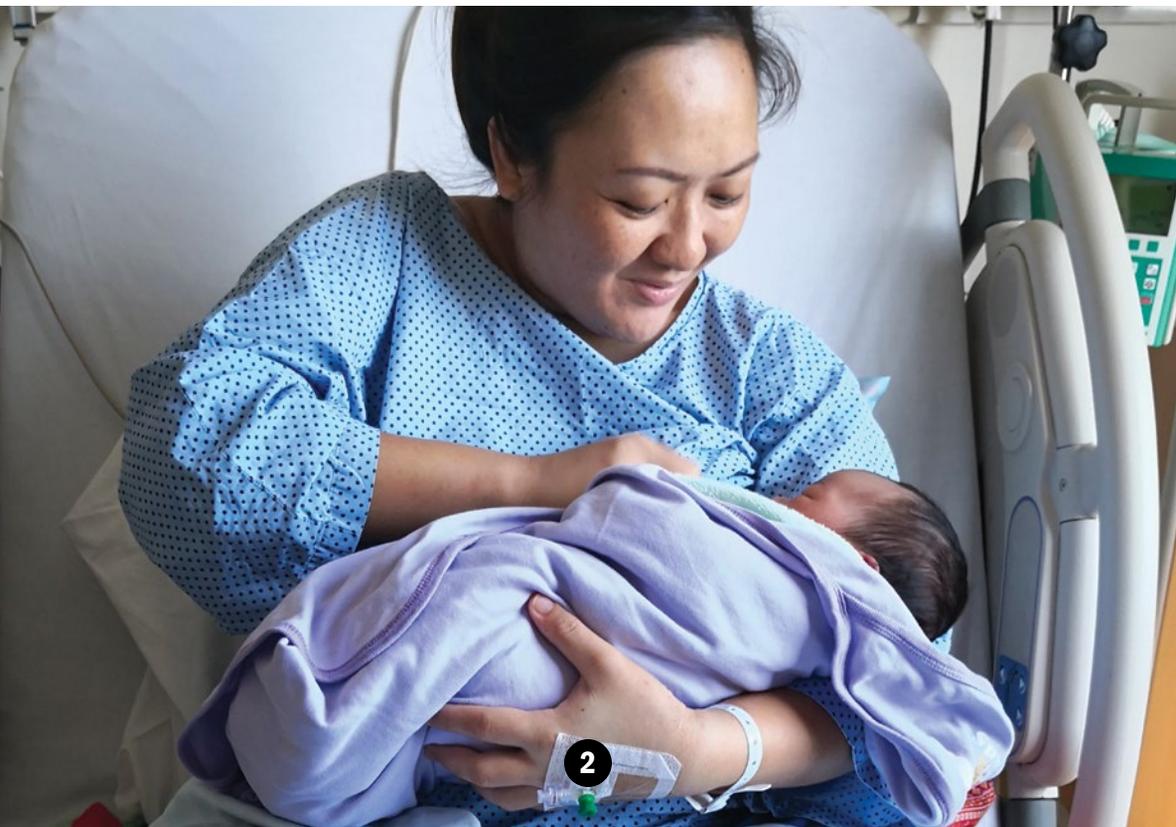


# Your first breastmilk is enough for your baby.

1

Newborn Feeding Secret

- Your first milk is called colostrum. It comes from your breasts in small drops.
- Your newborn can only eat a little at a time.
- You may not feel changes in your breasts right away. Your body is still making breastmilk.
- Around day 3, you may start to feel fullness in your breasts. Your body will make just what your baby needs.



# Learning to breastfeed takes time.

2

Newborn Feeding Secret

- Ask for help with breastfeeding early and often.
- Be patient, it can take several days for babies to learn to eat well at the breast. Luckily, babies learn quickly.
- Hold baby close to calm them when upset and try to feed again later.
- Ask your WIC counselor more about hunger cues.



Learn more about hunger and feeding cues at [Getting to Know Your Baby](#).



# It is normal for babies to cry more on day 2.

3

Newborn Feeding Secret

- Babies will be more awake on day 2. Feed them whenever you see hunger cues. These include searching for your nipple, making sucking noises, and keeping their hands near their mouth.
- Your baby is getting used to the noise, lights, people, and diaper changes.
- A lot of activity can overwhelm babies and make feeding harder. They will cry to tell you they are upset.
- As babies get used to their new world, they will cry less.

**Soothing repetition calms babies. Try rocking, swaying or gently patting over and over.**

**Ask for tips to calm your baby. Learn more at [Getting to Know Your Baby](#).**



California Department of Public Health,  
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