

## Perfect Food for Tiny Tummies

Every baby is born with a tiny stomach, only the size of a shooter marble or cherry. Mom makes the perfect amount of milk for her baby when she is allowed to fully breastfeed her baby. As the baby gets older, the stomach grows and the milk supply increases. Breast milk is easily digested and that is why infants eat small, frequent meals. Newborns eat often, about 8-12 times a day.

Milk is made as a result of Supply and Demand so it is important that baby is exclusively breastfed and that mom responds to the baby's feeding cues. Drained breasts make milk faster. Full breasts make milk slower. Mom's milk production grows from about 1 ounce (30 mL) to about 30 ounces (900 mL) between Days 1 and 40.

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### Day 1

During the first few days milk is called Colostrum. It is highly concentrated and perfectly designed for the newborn's small stomach. It provides immunities and protects the gut. The Colostrum allows for easier digestion in the weeks and months to follow. It has a yellow tint and is thought of as "Liquid Gold."

### Day 3

Milk begins to transition towards white milk. Volume also increases. Some moms might make more milk than baby can even drink due to their still tiny tummies. Hand Expression may help manage their over-supply. Other moms will not feel engorgement but should continue to exclusively breastfeed.

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### One Week

Baby's stomach has grown to the size of an apricot. It can hold about 1.5-2oz. It is important for mom to continue feeding on demand. You CAN'T nurse too often—you CAN nurse too little.

### One Month

The stomach has now stretched out to be able to hold 2.5-5oz. It is about the size of an egg. It will stay this size for several months. Breast milk has a high concentration of antibodies to keep the baby protected from illness.

### 3 Months

Breast Milk is full of calories to bulk up for upcoming milestones. Babies will continue to eat frequently and should be exclusively breastfed.

### 6 Months

Breast milk is high in omega acids essential for brain development. Baby may begin solid foods at this time but should continue to get most of his nutrition from breast milk.

### 12 Months

Breast milk is high in calories and omega acids for muscle growth and brain development. The child will continue to gain health benefits for as long as the mom and baby decide to breastfeed.

Baby's stomachs begin small and grow as they drink more milk. It is important for mom to feed on demand so she makes an adequate milk supply. Milk changes to meet baby's needs as the months go on.

If a mom feels like she is not making enough for her baby, she should seek out the help from a Breastfeeding Peer Counselor or Lactation Consultant.

**\*\*If you have any further questions or concerns, please contact Leah Diffey, BFPC at 573-324-2111. The Pike County Health Department is here to help you meet your breastfeeding goals!**

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