

## How small is newborn's tummy

Many new breastfeeding moms worry that baby is not getting enough milk. But, when babies are born, their stomachs are tiny and they digest breastmilk fast. So, feed baby often, about 8-12 times every 24 hours.

### Just how small is your baby's stomach?

#### One day old

- Size of a shooter marble
- Holds just 1 - 1½ teaspoons\*

On day 1 your first milk is colostrum. It is yellow and thick and protects your baby. You will only have a small amount, but that's all that baby needs. Allow 20 minutes or longer each time you feed your baby.




1  
day  
old

#### Three days old

- Size of a ping-pong ball
- Holds about ¾ - 1 ounce (about 2 tablespoons)\*

By day 3 or 4 your breasts will make mature milk which is thinner and whiter. *Small, frequent feedings* make sure your baby gets all the milk baby needs.



3  
days  
old

After the first week, your baby's stomach still cannot hold much milk. Remember, babies digest breastmilk fast. Feeding often will make sure baby is getting enough. It also helps build your milk supply.

As baby's tummy keeps growing, small frequent feedings are still best. Let baby lead the way. Breastfeed as often and as much as baby wants. That way, you will make the perfect amount of milk for your growing baby.

\* Average full-term baby