

WHAT TO EXPECT

- **A LOT OF SLEEPINESS**
Baby only awake to feed
- **YOUR MILK COMING IN**
Between days 2 and 5
- **LOTS OF FEEDING!**
This demand for milk stimulates milk production

RECOMMENDATIONS

- **FEED ON DEMAND & FREQUENTLY**
At least every 3 hours, to build supply
- **WAKE BABY TO FEED IF YOU NEED**
So you can feed every 3 hours
- **LEARN HOW TO BURP BABY**
And burp at least once during a feed & once after
- **LEARN HOW TO SWADDLE**
This helps to settle baby and prevents the Moro reflex from disturbing
- **SET UP BABY'S SLEEP ZONE UP**
Pitch black + white noise (NB: Back to sleep for safe sleep)
- **REST & RECOVER WHEN YOU CAN**
Take every opportunity to rest and sleep
- **FUEL & HYDRATE YOUR BODY**
Eat well to aid recovery, drink plenty of water/juice
- **NURSING? LOOK AFTER YOUR NIPPLES**
Use a lanolin-based nipple cream after each feed
- **DON'T BE AFRAID TO ASK FOR HELP**
And accept all and any offered!