

BREASTFEEDING

Baby's Second Night

During your baby's second night of life you may hear yourself say:

- "She can't be hungry, she just ate."
- "He's just using me as a pacifier."
- "She's been eating on and off for two hours."
- "Every time I put him in the crib, he wants to eat again."

This phenomenon is known as "Second Night" and is seen around the world. During this time, or other times your infant is awake during the night, it may be helpful to remember:

- It is normal for your newborn to be more active at night.
- Frequent feedings help to establish your milk supply to match your baby's growing needs.
- Prolactin, the hormone that tells your body to make milk, is higher at night.
- Take the opportunity to feed your baby when she shows feeding cues. Feeding cues include: waking, hand-to-mouth movements, sucking, mouth movements, and turning head to look for breast.
- Pacifier use will result in missed opportunities to nourish your infant and establish your milk supply.
- Rest when your baby sleeps. Newborns may be sleepier during the day.
- Frequently feeding is not an indicator of a low milk supply if your baby's weight is normal.
- It is difficult for a crying baby to latch. Try soothing the infant first, then attempt latch again.
- Try holding your baby skin-to-skin.