

Little Baby Bellies

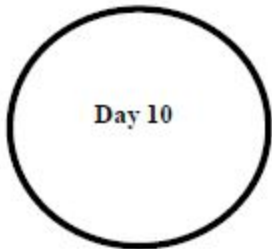
Babies are born with little bellies. Whether you breastfeed or formula feed, the first few weeks your baby's belly fills quickly because it can only hold a small amount.



This is your baby's belly the **first 24 hours** after birth. It can comfortably hold about **1-2 teaspoons**. **Wow! So small!** The amount of first milk, "colostrum" in the breast is 1 to 4 teaspoons. **Perfect match...how about that!**



By **day 3**, your baby's belly holds $\frac{1}{2}$ to **1 ounce**. If you overfeed your baby, they will spit-up, vomit or cry with a belly ache. **Who needs that?**



By **day 10**, your baby's belly holds about **1 ½ - 2 ounces**. All babies spit up a little. If fed too much, they spit up alot!
"Topping off" a breastfeeding baby with formula may result in vomiting, belly aches and less breastfeedings. Less breastfeeding will decrease your milk supply. **Why do that?**

As your baby grows, his belly grows and he will be able to eat more at a feeding. Your milk supply increases according to your baby's nutritional needs.

Attempt to burp the breastfed baby between sides.
Most breastfed babies will decrease the number of feedings as they grow.

All babies have 'growth spurts' or 'demand days'. The baby will increase the number of feedings for 1-2 days, then decrease the frequency and settle into a new feeding pattern. Full-term babies usually have a growth spurts at 7-10 days, 3 weeks and 6 weeks of age, then about every 3 months.