

You have chosen to  
breastfeed your baby;  
congratulations!

Thompson's Birthing  
Center staff is here to  
support your choice.

This brochure will outline  
some expectations for  
the first 24 hours of  
your baby's life.

Thank you for choosing  
the Birthing Center at  
F.F. Thompson Hospital!  
If you have any questions  
after you have gone home,  
call us at 585-396-6260,  
24 hours a day, seven  
days a week.

### Birthing Center

350 Parrish Street  
Canandaigua, New York  
ThompsonHealth.com



F.F. Thompson Hospital is an  
ANCC Magnet designated  
hospital for nursing excellence.



### Birthing Center



# Breastfeeding:

## The First 24-Hours of a Healthy, Full-Term Baby



## Feeding

No two babies feed the same. In the **first 24 hours of life**, all your baby needs is your colostrum. This special breast milk is yellow to orange in color and thick and sticky, like jelly. It is high in carbohydrates, protein and antibodies to help keep your baby healthy. Your body makes colostrum in small amounts because your baby's nutritional needs are very small at this time. For this reason, in the first 24 hours of life, if your baby sucks for just a few minutes, this may be considered a good feeding. Giving your baby formula can interfere with your baby's urge to breastfeed.

Offer your breast at least every 3 hours. In the first 24 hours, your baby needs three feedings that may include a feeding of six sucks in a row. Some babies enjoy longer feeding of

20 minutes or more. Keep your baby close to you, as skin-to-skin is the best way to encourage feedings.

If possible, stay with your baby during your hospital stay. This will help you respond to your baby's feeding cues: rooting, mouthing, tongue extension, hand-to-mouth activity, tucking the body, fussy sounds and pre-cry grimaces. Offer your breast when your baby shows these signs. Crying is a late feeding cue, and makes it more difficult for the baby to latch.

Family-centered care recognizes the joy and importance of celebrating your baby's birth with friends and relatives. However, please consider yourself and your baby's needs. Do not delay breastfeeding in order to meet your visitor's needs. We can help you with visitor control should your rest or baby's feeding become an issue.

## Sleeping

Birth is a tiring process. Most newborns are awake for about 1 to 3 hours after birth and then they go to sleep. This is important for the breastfed baby. The best feeding occurs right after birth. Sometimes babies cluster-feed, or feed very frequently during this time.

After feeding occurs, their first sleep may last a few minutes or much longer, from 4 to 12 hours. During this time, it is hard to wake up

your baby. Your baby may show no interest in sucking. After this sleep, your baby will wake up again. This "awake phase" can last 4 to 6 hours.

Many babies spend the first 24 hours of life sleeping. Others are more awake, and are only soothed by frequent nursing. This is normal, too.

As the baby awakens from the first 24 hours, feeding patterns change. Your baby will likely wake and nurse more frequently. You may need to take your baby out of his or her blankets to awaken every 2 to 3 hours. Be sure to ask your nurses for assistance if your baby is not latching at least every four hours.

## Bottles & Pacifiers

Sucking on a bottle is very different from sucking at the breast. Giving a pacifier or a bottle will not help your baby learn to breastfeed. In fact, it may hinder progress. Giving your baby a bottle during this time may reduce your anxiety about under-feeding, but usually it is not what your baby needs and can result in over-feeding your baby.

Avoid bottles or pacifiers unless medically needed, or if you need to be separated from your baby. After breastfeeding is well established, giving a pacifier and/or a bottle is your choice.

