

Information for breastfeeding families: *Baby's Second Day*

Often babies are very sleepy the first day after birth. It will be a challenge to keep them awake long enough to feed, and they may not wake up frequently for feeds. So you may need to wake your baby to feed that first day. By the second day your baby may be more awake, ask for feeds, and be unsettled. This can be upsetting and you might not know what to do to soothe your baby.

Second Night Syndrome

This generally occurs from about 24 hours after birth for almost every baby. Your baby will want to be on the breast constantly but quickly fall asleep. If you put them down, they will probably wake up. If you put them back to the breast, they will feed for a short time and may fall asleep. You may go back and forth with this many times. You may feel exhausted at this point and it would be easy to request a bottle of formula, BUT here is the best strategy:

- ✓ Hold your baby skin-to-skin: Holding your baby skin-to-skin is very soothing for your baby as they are familiar with the feel and smell of your body.
- ✓ Offer the breast whenever they show cues that they want to feed ('feeding cues').
- ✓ Hand express or use a breast pump if you are struggling to latch your baby.

This is the best way for you to bring in an

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excellent milk supply. Frequent, effective breastfeeding is the key to an abundant milk supply. Just make sure your baby has a good latch at the breast. Your Midwife, Maternity Care Assistant or a Breastfeeding Peer Supporter can give you help with positioning and attachment.

Please be aware that if you had a caesarean section or severe heavy bleeding post birth, or any other significant health issues, your milk supply may be delayed.

Ensure that your baby is drinking

Make sure your baby is getting milk while at the breast.

- ✓ Check for a wide, deep latch on the breast
- ✓ You may see more areola above your baby's top lip than below the lip and their chin should be indenting the breast
- ✓ Rouse your baby if they become drowsy while breastfeeding
- ✓ Listen for swallows every 5-10 sucks

Nap when your baby naps

Take a short nap whenever your baby is asleep. It is likely they will want to be fed several times through the night, so take advantage of any quiet time to rest during the day and ignore the housework!

Enlist help!

Work out a plan with your partner, siblings, parents or anyone who can spend the night with you. They can take turns holding and walking or rocking your baby while you take a break.

You are not alone

Just knowing that Second Night Syndrome is common may help you relax a bit. Almost every baby experiences this, but it will last only a night or two, maybe three.

This is a general information leaflet that has been adapted from Lactation Education Resources (2019). If you have concerns about

your baby's health or feeding, please speak to your midwife via CalLEEAST on 01603 481222 (available 24/7).

Search *Feeding and caring for your baby* on the NNUH Website (www.nnuh.nhs.uk)

