

Baby's second night

You have made it through your first 24 hours as a new mother. Even if you have other children, you are a new mother. Now it is your baby's second night.

All of a sudden, your baby has discovered they are no longer in your warm tummy where they spent the last nine months. It is scary out here! They no longer hear your heartbeat or other familiar sounds heard while inside you. Instead, they are in bed all alone.

During the day, many people have held your baby. They are getting used to new noises, lights, sounds and smells. They have also found their own voice. Each time you take them away from your breast, they cry loudly! They are telling you they were very happy being close to you.

When they cry, return them back to your breast. They are happy and may decide to nurse for a short time before going to sleep. When you put them back to bed, they cry again. Some mothers believe this happens because the baby is hungry and not getting enough milk. This really happens because baby wants to snuggle up to your warm body. It is the closest to "home" they can get. This waking up and sleeping pattern can go on for hours and is tiring for you and your baby.

You can help baby by letting them sleep at your breast after a good feed. Do not burp or move them immediately. Relax and snuggle for a while. You will see

your baby go into a light sleep at first. If baby is moved now, they will likely wake up. As you snuggle longer, your baby goes into a deeper sleep. Watch your baby to learn the signs of deep sleep. This is when you can move your baby to their bed. If baby starts to wake, this is a sign they were not in a deep sleep, so wait a while longer.

You can also let your baby suck their thumb or fingers any time. Your baby did this in your tummy before they were born. If their hands are covered with mittens, this can be strange to them. Baby may be saying, "Where are my hands?" They have no way of soothing themselves with mittens. Your baby needs to be able to touch and feel. When your baby puts their hands on your breasts, this helps increase your milk supply. So, take the mittens off and let baby get to their hands. If they scratch themselves, don't worry. It will heal. After all, baby had fingernails while inside you and was fine.

After baby's second night, there may be times when your baby does not go to sleep and wants to cluster feed. This may be when you have had a busy day such as going to the doctor, going shopping, or visiting grandparents. Your baby is just saying they want some snuggle time at your breast. For your baby, this is "home."

