

## How small is newborn's tummy

Many new breastfeeding moms worry that baby is not getting enough milk. But, when babies are born, their stomachs are tiny and they digest breastmilk fast. So, feed baby often, about 8-12 times every 24 hours.

### Just how small is your baby's stomach?

#### One day old

- Size of a marble
- Holds just 1 - 1½ teaspoons

1  
day  
old

On day 1 your first milk is colostrum. It is yellow and thick and protects your baby. You will only have a small amount, but that's all that baby needs. Allow 20 minutes or longer each time you feed your baby.

#### Three days old

- Size of a shooter marble
- Holds about ¾ - 1 ounce (about 2 tablespoons)

3  
days  
old

By day 3 or 4 your breasts will make mature milk which is thinner and whiter. *Small, frequent feedings* make sure your baby gets all the milk baby needs.

#### One week old

- Size of ping-pong ball
- Holds about 1½ - 2 ounces (about 3 to 4 tablespoons)

7  
days  
old

After the first week, your baby's stomach still cannot hold much milk. Remember, babies digest breastmilk fast. Feeding often will make sure baby is getting enough. It also helps build your milk supply.

As baby's tummy keeps growing, small frequent feedings are still best. Let baby lead the way. Breastfeed as often and as much as baby wants. That way, you will make the perfect amount of milk for your growing baby.