



California WIC  
Program

# 3 Newborn Feeding Secrets

Learn about 3 newborn feeding secrets.  
Knowing these secrets will help you feel more  
confident feeding your baby.

- 1 Your breastmilk is enough for your baby.
- 2 Breastfeeding takes practice.
- 3 Newborns cry more the second day of life.

Ask a health care professional or WIC right  
away when you have questions.



# Your first breastmilk is enough for your baby.

1

Newborn  
Feeding Secret

- Your first milk is called colostrum. It comes from your breasts in small drops.
- Your newborn can only eat a little at a time.
- You may not feel changes in your breasts right away. Your body is still making breastmilk.
- Around day 3, you may start to feel fullness in your breasts. Your body will make just what your baby needs.



# Learning to breastfeed takes time.

2

Newborn  
Feeding Secret

- Ask for help with breastfeeding early and often.
- Be patient, it can take several days for babies to learn to eat well at the breast. Luckily, babies learn quickly.
- Hold baby close to calm them when upset and try to feed again later.
- Ask your WIC counselor more about hunger cues.



Learn more about feeding cues at  
[Getting to Know Your Baby.](#)





# It is normal for babies to cry more on day 2.

3

Newborn  
Feeding Secret

- Babies will be more awake on day 2. Feed them whenever you see hunger cues.
- Your baby is getting used to the noise, lights, people, and diaper changes.
- A lot of activity can overwhelm babies and make feeding harder. They will cry to tell you they are upset.
- As babies get used to their new world, they will cry less.

**Soothing repetition calms babies. Try rocking, swaying or gently patting over and over.**

**Ask for tips to calm your baby. Learn more at [Getting to Know Your Baby](#).**



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