



CHAMPS National Scripting:
Explaining breastmilk volumes to accompany the “belly beads” visual aid

Here are a few talking point to use as you share “belly beads/balls” (or “feed beads”) or a graphic of feeding volumes for Days 1-4 of life:

- Many mothers wonder if they have enough milk, especially when a baby seems to be more fussy than usual or is showing signs of wanting to feed more often.
- You’re doing a great job getting to know your baby as he/she practices breastfeeding and learns to latch correctly.
- In the first few days of life, it is not so much about the volume of milk that babies need but more about the quality and the value of the first milk (colostrum).
- That first milk called colostrum helps prepare your baby’s tummy (digestive system) for the milk volume that will arrive on day 3 or 4.
- In the first day of life, your breasts will provide drops, up to a teaspoon of milk for your baby. This is a perfect amount for your baby’s very small stomach, and the very best nutrition for your baby.
- Newborns have a strong need/instinct to suck. The amount of milk your baby will be getting gradually increases over the first few days as the baby feeds at the breast more often.
- Since the baby’s tummy and bladder don’t stretch well right at first, your baby will need very frequent small feedings (sometimes every hour or two). This helps their tummy gradually begin to expand. Then almost magically, your body responds with more volume and the baby’s stomach can expand to accommodate this increased need.
- Your baby and you will work in sync. On the 3rd or 4th day of life, more milk arrives than most babies need, and your baby will help your body adjust to the exact amount your baby needs, especially when you do not use any commercial formula.

References:

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