

Breastfeeding is More Than Food



Breastfeeding provides nutrition and so much more. It helps your baby feel safe, calm, and connected.

You are doing an amazing job! Feeding often in the first weeks is normal and helps your body make enough milk.

Why Babies Nurse?



Hunger

Babies need milk to grow.



Comfort

Nursing helps babies feel calm and secure.



Connection

Close contact builds a bond and helps babies feel safe.



Regulation

Nursing helps babies recover from stress and keeps their heart rate and breathing steady.



Sleep

Nursing helps babies relax and fall asleep.



Warmth

Body heat helps keep babies warm and comfortable.

What Comfort Nursing Can Look Like

- ✓ Short or frequent feeds
- ✓ Nursing more in the evening ("cluster feeding")
- ✓ Wanting to be close or held
- ✓ Nursing after crying or stress
- ✓ Nursing to fall asleep or when waking
- ✓ Nursing again soon after the last feed

Comfort nursing is normal and helps babies feel safe and secure

How Much is Normal?

 **8-12+** times in 24 hours

Newborns have small stomachs and need to feed often during the day and night.

Tiny Tummies

Day 1



5-7 mL
About 1 tsp

Day 3



22-27 mL
About 1 ½ Tbsp.

Day 7



45-60 mL
About ¼ cup

Your baby's stomach can hold only small amounts at each feeding in the early days. Your milk supply grows as your baby's stomach grows.

Follow Your Baby's Cues

Early cues (Best time to offer the breast)

- Stirring
- Open mouth
- Turning head
- Rooting
- Hand to mouth
- Lip smacking



Late cues (Comfort baby first)

- Fussing
- Crying
- Agitated body movements



When to Reach Out for Help



Nipple or breast pain that doesn't get better



Fewer than 6 wet diapers in 24 hours after Day 5



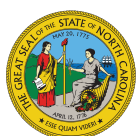
Baby is often going more than 4 hours between feeds or is difficult to wake for feeds



You have questions or just need extra support

You don't have to do this alone. WIC is here to help!
Contact your peer counselor or WIC office for support

You're building a strong start for you and your baby. **Keep Going!**



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