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PREGNANCY

**LEARN** all that you can about how breastfeeding is good for you and baby
- Take a prenatal parenting class that teaches about breastfeeding
- Ask about your hospital or birthing center’s breastfeeding support
- Find a breastfeeding support group that meets near you
- Ask your insurance or WIC for a pump
- Seek childcare that is supportive of breastfeeding

FIRST DAYS AT HOME

- Expect baby to be more awake and fussy
- Be patient with yourself and baby
- Offer of skin to skin and snuggles
- Ask for help if you have any questions, pain, or doubt!
- Aim for at least 10-12 feedings a day - watching baby, not the clock
- Take care of yourself: Eat when hungry, drink when thirsty, rest whenever you can
- Goal: 4+ (brown then yellow) poops per day, and several pees

NEWBORN TUMMY SIZE

**DAY 1:**
5-7 ml is about the size of a large marble or a cherry

**DAY 3:**
22-27 ml is about the size of a ping pong ball or a walnut

**ONE WEEK:**
45-60 ml is the size of an apricot or plum

**ONE MONTH:**
80-150 ml is about the size of a large chicken egg