

Baby's Second Night

It has been 24 hours since you became a new mother. Even if you have other children, you are still a new mother. Now it is your baby's second night.

Your baby now knows that they are no longer inside your comfortable womb. They can't hear your heartbeat and the other sounds they heard when they were inside you.

During the first 24 hours, many people held your baby. Your baby has started getting used to new noises, lights, sounds, and smells. They have also found their voice. Each time you take your baby away from your warm body, they cry loudly! They are telling you that they were happy being close to you.

When your baby cries, you put them back on your breast. They are happy and feed for a short time and then go to sleep. When you put them back to bed, they cry again. New mothers think this happens because their baby is hungry. This really happens because they want to snuggle with you. This pattern of waking up and falling back asleep pattern can go on for hours. It is tiring for you and your baby.



You can help your baby by letting them sleep at your breast after a good feed. Do not burp or move them. Relax and snuggle for a while. You will see your baby go into a light sleep at first. If they are moved now, they will wake up. As you snuggle longer, your baby will go into a deeper sleep. Watch your baby to learn the signs of deep sleep. This is when you can move them to bed. If they start to wake up, they were not in a deep sleep yet. Try waiting a while longer.



You can also let your baby suck on their fingers or thumb any time they want to. Since they did this before they were born, it may feel strange to have their hands covered with mittens. They may wonder, “Where are my hands?” Your baby has no way of self-soothing with mittens on. They need to be able to touch and feel. When they put their hands on your breasts, it also helps to increase your milk supply. Take off their mittens and let them use their hands. Don’t worry about any scratches – they will heal.

After your baby’s second night, there may be times when they don’t go to sleep. This may happen when they’ve had a busy day. Your baby is saying that they want snuggle time at the breast. For your baby, your breast is “home”.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

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Adapted by: Maternal Child Provincial Policy Working Group with permission from Jan Barger RN, MA, IBCLC/Lactation Education Consultants; BFI Coordinator

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