

Your Baby's Second Night

It has been 24 hours (1 day) since you became a new parent. Even if you have other children, you are still a new parent. Now it is your baby's second night.

This pamphlet explains:

- › some of the things your baby is thinking and feeling.
- › how you can help your baby sleep tonight.

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

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

If your baby cries and you put them back on your breast/chest, they may be happy and feed for a short time, and then go to sleep. When you put your baby back in their bed, they may cry again. New parents may 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 can go on for hours. It is tiring for you and your baby.



You can help your baby by letting them sleep on your breast/chest after they feed. **Do not** burp or move them. Relax and snuggle for awhile. At first, your baby will go into a light sleep. If you move them 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 (baby is quiet, does not move). This is when you can move them to their bed. If they start to wake up, they were not in a deep sleep yet. Try waiting a while longer.



Let your baby suck on their fingers or thumbs any time they want to. They did this in your womb before they were born. We do not recommend mittens. It might feel strange to your baby to have their hands covered. They may wonder, “Where are my hands?” Your baby cannot self-soothe (make themselves calm) with mittens on. They need to be able to touch and feel. When your baby puts their hands on your breasts/chest, their touch also helps to increase your milk supply. Take off your baby’s mittens and let them use their hands. **Do not** worry about scratches – they will heal.

After your baby’s second night, there may be times when they do not go to sleep after feeding. This may happen when they have had a busy day. When your baby does not go to sleep after feeding, they are saying that they want to snuggle at your breast/chest. For your baby, your breast/chest feels like home.

Looking for more health information?

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

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>

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