

The baby's second night



From the second night, your baby may seem restless and demanding to you, while you're very tired. This fact sheet provides information on the situation and suggests some solutions.

After reading this document, don't hesitate to contact the staff at the Birthing Centre. Our team is here to answer your questions and support you.

My baby seems more demanding on the second night...

You may find that your baby stays awake, is difficult to satisfy or comfort, and wants to be held. This situation can be frustrating, as it is also your second night of motherhood.

Once the joy of the first 24 hours has faded, you feel the fatigue and the aches and pains from your delivery more acutely. All of this makes you feel more helpless when faced with your crying baby.

Why is my baby behaving this way?

If your baby slept a lot during the first few hours after birth, it's normal to be more awake now and to want to drink often.

Your baby very likely wants to be at the breast, because it's where babies feel most comfortable and most like what they knew before they were born. Nature knows best. In trying to feed at the breast, the baby stimulates the milk flow.

The baby has just left the comfort of the uterus and its familiar sounds (heartbeats, breathing, parents' voices, etc.), and is now in a new and unknown environment. He or she is alone in bed, surrounded by new stimuli: lights, different noises, and unfamiliar people.

What should I do?

Here are a few suggestions to make things easier.

> To calm your baby and create a comforting environment

- Place the baby on your chest, in skin-to-skin contact. Your partner or companion can also do this.
- Give the baby the breast to suckle until he or she falls asleep.
- It may help to manually express a few drops of colostrum (milk from the first days) and put them in the baby's mouth or lips.
- Ask your partner or companion to take the baby for a walk or in a rocking chair.
- Avoid putting mittens on the baby. Take off any blankets; being able to move their hands freely and bringing them to their mouth helps babies calm down.





> **Once the baby is asleep at the breast**

- Gently remove the nipple from the baby's mouth without moving the head too much.
- Maintain the position until the baby falls deeply asleep.
- Forget about burping: you can take care of that before the next feeding.

> **For a better recovery**

- To maintain a calm environment, limit the number of visitors and the duration of visits. Take every opportunity for rest whenever possible. Even if they're rare in the first few days, those resting periods are really good for you!
- As soon as you can, get into the habit of resting at the same time as the baby. To prevent birth-related exhaustion, try to spread your night's sleep over 24 hours, in smaller periods.
- To sleep without interruption, turn off your phone's ringer.
- Notify the staff at the Birthing Centre if you wish to rest.
- If you feel aches and pains, don't hesitate to take the pain medications prescribed for you. They are safe for the health of the breastfeeding baby and help you to rest.

Remember that this is a temporary period, your baby is adapting to a new environment!

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

The baby's behaviour could continue at home.

Feel free to talk to a CLSC worker or health professional about it. You can also contact a breastfeeding support group.



USEFUL RESOURCES

CHUM Post-partum Unit:

> **514 890-8426**

(24 hours/day, 7 days/week)

To find a CLSC by postal code:

> sante.gouv.qc.ca/en

Click on CLSC

Breastfeeding support groups:

> nourri-source.org (French only)

> **1 866 948-5160**

La Leche League Canada:

> lllc.ca

Click on *Get Help*

> **514 842 4781** (Montreal, English)

> **1 866-ALLAITER** (in French)

From Tiny Tot to Toddler: A Practical Guide for Parents from Pregnancy to Age Two. A copy of this guide was given to you at your first visit. You can also consult it online:

> www.inspq.qc.ca/en/tiny-tot

To learn more about pregnancy, delivery, or follow-up care, visit our website.



Videos, other fact sheets, and more resources are available at:

centredesnaissanceschum.com

This document has been adapted from *Baby's Second Night*, by Jan Barger, RN, MA, IBCLC, FILCA, © 2018.

To find out more about the Centre hospitalier de l'Université de Montréal
chumontreal.qc.ca