

HOW BIG IS YOUR NEWBORN'S TUMMY?

FIRST 24 HOURS

Size of a **cherry**
0.04-2 teaspoons



1-2 DAYS OLD

Size of a **walnut**
0.2-0.5 ounces



2-3 DAYS OLD

Size of an **apricot**
0.5-1 ounces



3-4 DAYS OLD

Size of a **lime**
1-2 ounces



7 DAYS OLD

Size of a **large egg**
2 ounces



- Newborns have tiny tummies and will need to eat at least 8-12 times in 24 hours to keep up with their growing nutrition needs.
- Feed your baby at the breast or chest often to establish your milk supply. Express milk whenever you miss a feeding.

Here are some signs baby is getting enough human milk:

- ✓ By day 3, your baby is having at least 3 poopy diapers and at least 5 wet diapers in 24 hours.
- ✓ You can hear or see your baby swallow.
- ✓ Your baby seems happy after feedings, with relaxed hands and feet.
- ✓ Your baby is growing and gaining weight.

If you have any questions, reach out to your local WIC clinic, lactation consultant, or healthcare provider.



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