

# The second night with your baby

You may have a difficult time consoling your baby, because they:

- Have just left the comfort of your womb and are now in a new, unknown environment;
- Have a sore tummy, since digesting milk and passing gas are new sensations;
- Are now more awake;
- Need to be nursing or in skin-to-skin contact, which is where they feel most comforted and secure.

You may feel:

- Tired;
- Discouraged;
- Powerless to help your baby stop crying.

You can:

- Place your baby in skin-to-skin contact or your significant other can do so;
- Give your baby the breast as often as they desire;
- Express some colostrum and place it in their mouth or on their lips;
- Ask your partner to rock the baby or to walk with them in the room.

Do not forget that this situation is temporary; your baby is adapting to their new environment.

The natural process of baby asking to nurse often will stimulate your milk production.

For you to recover:

- Limit the number of your visitors so you maintain a calm environment;
- Get in the habit of resting when your baby is sleeping;
- If you feel pain or discomfort, do not hesitate to request the pain medication that was prescribed for you.