

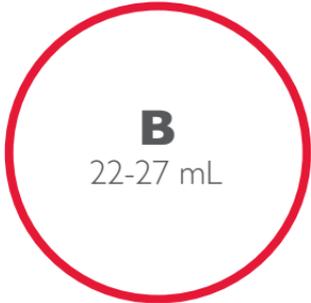
BellyBalls™

Lactation Education Tool

Approximate stomach
capacity of a newborn



= Day 1



= Day 3



= Day 10

Scammon, R. and L. Doyle. Observations on the capacity of the stomach in the first ten days of postnatal life. *Am J Dis Child* 1920; 20:516-38.

Zangen, S., C. Di Lorenzo, T. Zangen, H. Mertz, L. Schwankowsky, and P. Hyman. Rapid maturation of gastric relaxation in newborn infants. *Pediatr Res* 2001; 50(5): 629-32.

Adapted from Linda J. Smith's, *Coach's Notebook: Games and Strategies for Lactation Education*. Boston: Jones and Bartlett, 2002.

This tool makes it easy for new parents to visualize the size of their newborn's stomach and how much milk it can hold at birth. This reinforces that supplements are not needed and that colostrum, the early milk, is more than enough to meet a newborn's needs.

But there is more. Researchers have found that on **Day 1**, the newborn's small stomach does not stretch to hold more, as it will even a day or two later. This explains the experience of countless hospital nurses who have learned the hard way that when newborns are fed an ounce or two by bottle during the first day of life, most of it tends to come right back up. The walls of the newborn stomach stay firm, expelling extra milk rather than stretching to hold it. On **Day 1**, a newborn's stomach capacity is about one-sixth to one-quarter of an ounce (5 to 7 mL) per feeding. Not surprisingly, this amount of colostrum is ready and waiting in the breast. By **Day 3**, as the baby ideally gets more of these small, frequent feedings, his stomach expands to about the size of **B** to hold more milk. By **Day 10**, it is the size of **C**.

Is it a good idea to give a newborn more milk at each feeding to try to stretch out the stomach sooner?

No. This is NOT a case of more is better. Why not?

Small, frequent feedings set up a healthy eating pattern right from the start. Adults are now advised by experts that it is healthier to eat smaller amounts more often and the same is true for babies and children. Coaxing a baby to take more milk leads to overfeeding. If feeling overfull at feedings becomes the norm for a baby, this may lead to unhealthy eating habits that contribute to childhood obesity later.



WARNING

BellyBalls may present a **CHOKING HAZARD** and are for adult use only. Keep out of reach of children. BellyBalls are intended to be used and rearranged within the supplied bag. Accordingly, please do not remove BellyBalls from the bag.

Ameda Breastfeeding Products
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