

# Illinois WIC Talk

## Belly Balls: How much can my new baby eat?

### Cover Page

#### Target Audience

- Pregnant Women

#### Key Messages

- Colostrum, the first milk, is easy to digest, is highly concentrated with nutrients, and is rich in antibodies to protect baby from infection.
- Newborns only need a small amount of breast milk\* at each feeding.
- Mothers should feed baby when they show early signs of hunger and recognize that when baby has growth spurts he will want to eat more often.

#### Handouts

- How Much Can My New Baby Eat? (DHS Order Form)
- Breastfeeding is a Special Time (DHS Order Form)
- Feeding Your Newborn (DHS Order Form)
- Handout showing newborn stools (optional)
- Breastfeeding Bill of Rights ([www.illinoisbreastfeeding.org](http://www.illinoisbreastfeeding.org))
- Self-Study Module “Belly Balls: How much can my new baby eat?”.

#### References

- “La Leche League International The Breastfeeding Answer Book” , Third edition, La Leche League International, Inc., January 2003
- “Coaches Notebook: Games and Strategies for Lactation Education” Linda J. Smith. Boston: Jones and Bartlett, 2002.
- “Breastfeeding, A Parent’s Guide,” Eighth edition, Amy Spangler. Amy’s Babies, 2006.
- Infant Nutrition and Feeding: A guide for Use in the WIC and CSF Programs, USDA March 2009.

#### Presenter Resources

- Same as above “References”.

#### Evaluation

- “What is one new thing you learned today about feeding your new baby?”
- “What will you do to give your baby the best start after birth?”
- “What steps will you take to do this?”

*\*Or formula*

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#### Group Education

#### Materials

- Belly Balls kit: large marble, ping-pong ball, and large plastic egg. (1 kit per participant ideal). Could use craft balls similar in size on a rope.
- Liquid measuring cups and measuring spoons
- Water or other liquid
- Handouts listed on Cover Page

#### Lesson Plan Overview

- If available, pass out a belly ball kit to each participant. Use poster to refer to during session (display or handout).

#### 1. Discuss “Day 1” - Have participants take a few minutes to think about “Day 1”

Using the measuring cup or table spoons, ask participants to show you how much water might fit in the marble or newborn’s stomach (or facilitator may show).

- **Discuss Colostrum, or baby’s first milk.**
- **What have you heard about this first milk?**
- **How do you think your baby will show you he is hungry?**
- **What can you do to keep your baby from getting too hungry?**

#### 2. Discuss “Day 3” - Have participants take a few minutes to think about “Day 3”

Using the measuring cup or table spoons, ask participants to show you how much water might fit in the ping pong ball or baby’s stomach at day 3 (or facilitator may show).

- **How do you think you will know your baby is well fed?**
- **Discuss what baby’s dirty diapers might look like the first few days. (optional)**

#### 3. Discuss “Day 10” - Have participants take a few minutes to think about “Day 10”

Using the measuring cup or table spoons, ask participants to show you how much water might fit in the egg or baby’s stomach at day 10 (or facilitator may show).

- **What signs might your baby show during a “growth spurt?”**

#### 4. Evaluation

- From what we talked about today, what is most important to you when feeding your new baby?
- Have participants complete the Self-Study Module (optional).
- Add evaluation questions from Cover Page

#### 5. Give participants a copy of the “Breastfeeding Bill of Rights”

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#### Methods

**OPEN:** Emotion-based counseling starts with provocative questions, activities or stories that lead to emotion-based conversations, not to an immediate transfer of knowledge.

- Introduce yourself, credentials, and briefly introduce the topic
  - State how long the session will be (should be less than 30 minutes)
- If available, pass out a belly ball kit to each participant. Use poster to refer to during session (display or handout).

#### ICEBREAKER:

- “Close your eyes for a moment and imagine you are your baby.” (*Ask participants to write, draw or verbally express one feeling/idea they have towards each question.*)

#### “How does your baby feel inside your belly?”

(Example responses- warm, safe, touched by liquid all over body, floating, satisfied with constant flow of nutrients/bonding hormones)

#### “What does your baby hear?”

(Example responses- breathing, heartbeat, your voice and the voice of family and friends)

#### “What does your baby taste?”

(Example responses- flavors of mother’s foods and drinks in the amniotic fluid)

#### “What does your baby need?”

(Example responses- good nutrition, love, a safe environment)

#### “How might your baby feel at birth?”

(Example responses- shocked, alarmed, cold, confused, mad)

#### “What could you do to help your baby’s journey to the “outside world” be as smooth-flowing as possible?”

(Example responses- breastfeeding, skin-to-skin, closeness)

“Breastfeeding and putting your baby skin-to-skin with you is the perfect continuation of pregnancy for your baby. Breastfeeding offers your baby everything he was used to and needed during pregnancy. Skin-to-skin contact will allow your baby to hear familiar sounds (heartbeat, etc.), feel safe, warm, and loved. Both the breastfeeding and skin-to-skin contact will help your baby to develop as nature intended.”

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**DIG:** During the "dig" step, the facilitator asks questions to get the learners to open up, share their memories and experiences and get closer to the topic.

**Discuss “Day 1”** - Have participants take a few minutes to think about “Day 1” and discuss with someone in the group (or have participants share together as a group).

**What is interesting to you about Day 1?**

**What surprised you?**

Sample responses:

- I didn't know my baby's stomach was so little
- Is the size of baby's stomach why babies spit up so much?

**Using the measuring cup or table spoons, ask participants to show you how much water might fit in the marble or newborn's stomach** (or facilitator may show).

**Discuss Colostrum, or baby's first milk.** About one table spoon of liquid fits into your newborn's stomach, this liquid is called colostrum or baby's first milk. This milk is present during the last months of pregnancy and the first few days after birth and is ready and waiting in your breasts. It provides many benefits to your baby and is considered very special for your baby.

**What have you heard about this first milk?**

Sample Responses:

- Easy to digest
- Healthy for baby (high in nutrients)
  - Low in fat
  - High in protein
- Rich in antibodies to protect baby from infections
- Looks yellow to orange in color, thick and sticky
- Providing even a small amount will help give baby a healthy start

**Babies give signs when they are hungry and full. Take a minute to think about how you feel when you are a little hungry. How about when you're really hungry?**

**Now think about how this might be the same or different from how your baby feels when he is hungry. How do you think he will show you he is hungry?**

Sample Responses:

- Rooting reflex (when area around baby's mouth is touched, he opens his mouth)
- Sucking on hands or fingers
- Baby looks like he is about to cry
- Smacking lips
- Crying or fussing

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Baby should be fed when he shows early signs of hunger. Do not wait until he is upset or crying, these are considered late signs and make feeding baby more difficult.

#### **What do you think you can do to keep your baby from getting too hungry?**

##### Sample Responses:

- Nurse frequently
- Consider baby's needs rather than feeding on a schedule
- Follow baby's cues and feed when he shows early signs of hunger

Mothers find they generally need to feed every 1 ½ to 3 hours, 8-12 times a day initially. Feedings become less frequent over time.

**Discuss “Day 3”** - Have participants take a few minutes to think about “Day 3” and discuss with someone in the group (or have participants share together as a group).

#### **What is interesting to you about Day 3? What surprised you?**

- By day 3, as your baby gets more small frequent feedings, the stomach will have grown to about the size of a ping pong ball or the size of baby's fist.

**Using the measuring cup or table spoons, ask participants to show you how much water might fit in the ping pong ball or baby's stomach at day 3** (or facilitator may show).

- At this point, his stomach will typically hold about 1 oz.

#### **What are signs that your baby is well fed?**

##### Sample Responses:

- Baby is alert and active
- Baby is happy and seems satisfied after eating
- Baby should have 6-8 wet diapers a day
- Baby should have about 3 dirty diapers a day
- Baby gains weight (should be back to birth weight by 10 days or gain about 4-6 ounces per week)

#### **Optional: Discuss what babies dirty diapers might look like the first few days.**

Stools of breastfed infants are different in color, consistency (feel) and frequency (how often) than those of formula fed infants. Offer participants a handout showing how breastfed babies' stools look.

**Discuss “Day 10”** - Have participants take a few minutes to think about “Day 10” and discuss with someone in the group (or have participants share together as a group).

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**Using the measuring cup or table spoons, ask participants to show you how much water might fit in the egg or baby's stomach at day 10** (or facilitator may show).

- About 2 ½ ounces (4-5 tablespoons) of liquid will fit in a baby's stomach at day 10.

**What is interesting to you about Day 10?**

**What surprised you?**

Sample responses:

- Your baby only needs a small amount of milk the first ten days of life.

With small frequent feedings, baby's stomach is now the size of an egg, this allows for an increased appetite so that growth will begin to take off.

**As your baby develops, you might notice what seems to be "growth spurts."**

**What signs do you think your baby might show during a "growth spurt?"**

Sample Responses:

- Sudden increase in feedings
- Baby wants to nurse all the time
- More fussy

Some moms think their babies are being "greedy", but likely they are having a normal growth spurt. Growth spurts last 1-2 days and usually occur around 2 weeks, 6 weeks, 2 ½- 3 months, and 4 ½ - 6 months. Be patient – it is important to feed your baby whenever he shows signs of hunger, not on a schedule.

**CONNECT:** During the "connect" step, parents connect the conversation topic with their values, attitudes, beliefs and feelings. The facilitator helps parents reflect on their personal needs and wants and connects them to the health-related behaviors being suggested.

**From what we talked about today, what is most important to you when feeding your new baby?** Offer handouts from Cover Page, if not already given.

**Summarize Key points:**

- The "first milk" is easy to digest, is highly concentrated with nutrients, and is rich in antibodies to protect baby from infection.
- Newborns only need a small amount of breast milk\* at each feeding the first 10 days after birth.
- Frequent feedings are needed so your baby grows well.
- Mothers should feed their babies when they show early signs of hunger and recognize that when a baby has growth spurts he will want to eat more often.

(\* or formula)

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**ACT:** During this “step” the facilitator helps the participants identify specific action steps and build confidence to help them be the parent they want to be.

1. **Have participants complete the Self-Study Module.** *Have them discuss with someone in their group or have participants share together as a group. You may want to have a breastfeeding support staff available to talk with anyone with questions.*

(Or)

2. **Use evaluations questions from the Cover Page to have a discussion about the key messages.** *Have them discuss with someone in their group or have participants share together as a group.*

**Give participants a copy of the “Breastfeeding Bill of Rights”.** Explain that this is a list of items that support your decision to breastfeed. Bring this with you when you go to deliver your baby.

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#### 2) Individual Education

##### Methods

Show participant the belly ball kit and/or poster to refer to during discussion.

**1. Discuss “Day 1” - Show participant “Day 1”**

Using the measuring cup or table spoons, ask participant to show you how much water might fit in the marble or newborn’s stomach.

- **Discuss Colostrum, or baby’s first milk.**
- **What have you heard about this first milk?**
- **How do you think your baby will show you he is hungry?**
- **What can you do to keep your baby from getting too hungry?**

**2. Discuss “Day 3” - Show participant “Day 3”**

Using the measuring cup or table spoons, ask participant to show you how much water might fit in the ping pong ball or baby’s stomach at day 3.

- **How do you think you will know your baby is well fed?**
- **Discuss what baby’s dirty diaper might look like the first few days. (optional)**

**3. Discuss “Day 10” - Show participant “Day 10”**

Using the measuring cup or table spoons, ask participant to show you how much water might fit in the egg or baby’s stomach at day 10.

- **What signs might your baby might show during a “growth spurt?”**

**4. From what we talked about today, what is most important to you when feeding your new baby?**

**5. Have participant complete the Self-Study Module (or offer to take home).**

**6. Use evaluations questions from the Cover Page to have a discussion about the key messages.**

**7. Give participant a copy of the “Breastfeeding Bill of Rights”. Explain that this is a list of items that support your decision to breastfeed. Bring this with you when you go to deliver your baby.**



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**2) Self-Study Module (SSM)**

**Procedures**

*Agencies must have a procedure for using SSM, PPM NE 5.2*

**Methods**

- Have participant review handouts listed on the Cover Page.
- Ask participant to complete the Self-Study Module “Belly Balls: How much can my new baby eat?”.
- Ask participant if she would like to talk with a CHP about the information or if she has any questions.



## Self-Study Module:

# Belly Balls: How much can my new baby eat?

Participant's Name \_\_\_\_\_ Date \_\_\_\_\_

## Activity 1: Love Me!

Breastfeeding and putting your baby skin-to-skin with you is the perfect continuation of pregnancy for your baby. Baby's first milk (colostrum) delivers the nutrition and antibodies your baby needs, and the closeness your baby needs. Skin-to-skin contact will allow your baby to hear familiar sounds (heartbeat, etc.), feel safe, warm, and be loved.

### What will you do to give your baby the best start after birth?

Mark the things you do or plan to do.

- Give baby first milk (colostrum)
- Cuddle and love baby when feeding
- Know how baby shows he is hungry
- Feed baby before he is upset or crying
- Let baby feed as long as he wants
- Hug and kiss baby
- Talk and sing to baby
- Play with baby
- Smile and make faces with baby

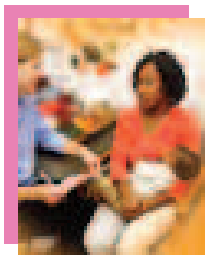


## Activity 2: Your Breastmilk is Priceless

### Review the handout "Your Breastmilk is Priceless".

Mark the ideas you will do to meet your breastfeeding goals.

- Let everyone know you plan to breastfeed your baby-family, friends, your doctor, hospital staff.
- Ask your nutritionist for a copy of the "Breastfeeding Bill of Rights"
- Put your baby to breast within the first hour after delivery.
- Hold your baby skin-to-skin
- Call WIC with all your questions.



## Activity 3: How Much Can My New Baby Eat?

### Look at the poster "How much can my new baby eat".

What surprised you? \_\_\_\_\_

What questions do you have? \_\_\_\_\_

- I would like to speak to a CHP or breastfeeding support staff.

**The WIC food package for breastfeeding moms has more food and more variety.**



# Módulo de Auto Estudio: Bolitas Estomacales: ¿Cuánto debe comer mi bebé recién nacido?

Nombre de la Participante \_\_\_\_\_ Fecha \_\_\_\_\_

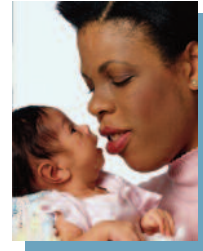
## Actividad 1: ¡Ámame!

Después del embarazo, lactar o amamantar y el contacto de piel a piel con usted, es la continuación perfecta para su bebé. La primera leche (calostro) proporciona la nutrición y anticuerpos que su bebé necesita, y a la misma vez, la proximidad a usted. El contacto de piel a piel le permitirá a su bebé escuchar sonidos familiares (pálpitos del corazón, etc.), sentirse seguro, cómodo y amado.

### ¿Qué haría usted para darle a su bebé el mejor comienzo de su vida al nacer?

Marque lo que piensa hacer.

- Ofrecer al bebe su primera leche (calostro)
- Acurrucar y acariciar mientras amamanta o lacta al bebé
- Saber cuándo su bebé indica que tiene hambre
- Darle de comer antes que esté incómodo y lllore
- Permitir que se alimente todo lo que pueda
- Abrazar y besar al bebé
- Hablar y cantarle al bebé
- Jugar con el bebé
- Sonreír y hacer muecas al bebé

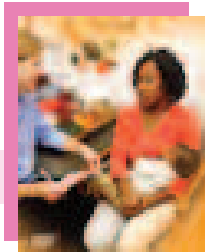


## Actividad 2: Su Leche No Tiene Precio

### Revise el folleto "Su Leche No Tiene Precio".

Marque lo que usted hará para lograr las metas de amamantar a su bebé.

- Infórmele a todos sobre su plan de amamantar a su bebé - familia, amigos, su médico, empleados del hospital
- Pida al nutricionista una copia de "Derechos de las Madres Que Amamantan" (Breastfeeding Bill of Rights)
- Ponga al bebé en su pecho durante la primera hora después del parto
- Sostenga a su bebé muy cerca a usted, de piel a piel
- Llame a WIC y pregunte lo que desee



## Actividad 3: ¿Cuánto debe comer mi bebé recién nacido?

### Vea el cartel "¿Cuánto debe comer mi bebé recién nacido?".

¿Qué le sorprendió a usted? \_\_\_\_\_

¿Tiene alguna pregunta? \_\_\_\_\_

- Me gustaría hablar con un funcionario de Prevención de la Salud en la Comunidad (Community Health Prevention - CHP) sobre los apoyos para lactar o amamantar.

**El paquete de alimentos WIC para madres que amamantan tiene más alimentos y es más variado.**



# How much can my new baby eat?

## Baby's Stomach Size

Day 1



Shooter Marble

Day 3



Ping Pong Ball

Day 10



Egg





# ¿Cuánto puede comer mi nuevo bebé?

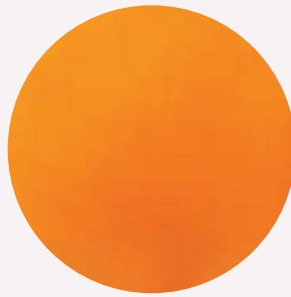
## El tamaño de estómago del bebé

Primer Día



Canica

Tercer Día



Pelota de ping-pong

Décimo Día



Huevo



Los ejemplos de tamaños de vientre o barriga son solamente una imagen visual y no para usarse como instrumento de medida.

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**DHS 4592 (N-01-11) How Much Can My New Baby Eat?**  
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# Breastfeeding is a special time. Create a special bond by holding your baby skin-to-skin.

## COMMON QUESTIONS IN THE FIRST MONTH

### CAN I MAKE ENOUGH MILK?

***Yes, You Can! - The more you breastfeed, the more milk you will make.  
Breastfeed often to make a good milk supply!***

### HOW DO I FEED MY BABY WHEN I NEED TO GO OUT?

***Take your baby with you for the first few weeks.  
Plan ahead and breastfeed your baby before you leave and again on your return.***

### DOES MY BABY NEED FORMULA?

***Breastmilk has everything your baby needs to grow strong and healthy.  
For the first few weeks, formula, bottles, or pacifiers are not necessary.***

### I AM TIRED. IS THAT NORMAL?

***A new baby means a new routine and extra duties.  
Ask for help so you can spend time feeding and getting to know your new baby.***

### IN THE FIRST FEW WEEKS...

**HOLD YOUR BABY OFTEN, LOVE YOUR BABY, AND BREASTFEED.**



Keep these numbers handy as you and your baby learn to breastfeed.

WIC \_\_\_\_\_

HOSPITAL NURSERY \_\_\_\_\_

OTHER \_\_\_\_\_



# Your Breastmilk is PRICELESS



Only you can give your baby breastmilk.

Breastmilk is more than food, it is comfort for your baby. Your baby needs only breastmilk during the first six months.

Let everyone know you plan to breastfeed your baby — family, friends, your doctor, hospital staff.

Right after birth... hold your baby skin-to-skin on your chest. Baby will be warm and close to your heart.

Put your baby to breast within the first hour after delivery.

Many breastfeeding concerns can be easily fixed. Call WIC with all your questions.



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**DHS 4591 (N-10-09) Breastfeeding Is A Special Time**  
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# La lactancia materna es un momento especial. Crea un vínculo especial tener a su bebé piel a piel.

## PREGUNTAS COMUNES EN EL PRIMER MES

**¿PUEDO HACER SUFICIENTE CANTIDAD DE LECHE?**

***¡Sí, Usted puede! – Mientras lacte o amamante, hará más leche.  
¡Lactar o amamantar con frecuencia produce más leche!***

**¿CÓMO ALIMENTARÉ A MI BEBÉ CUANDO NECESITO SALIR?**

***Las primeras semanas lleve a su bebé con usted.  
Haga planes y amante a su bebé antes de salir y nuevamente al regresar.***

**¿NECESITA FORMULA MI BEBÉ?**

***La leche materna tiene todo lo que su bebé necesita para crecer fuerte y saludable.  
La fórmula, botellas, o chupones no son necesarios en las primeras semanas.***

**¿ES NORMAL ESTAR CANSADA?**

***Un nuevo bebé significa nuevas actividades y rutinas.  
Pida ayuda, así puede tener tiempo para amantar y conocer a su nuevo bebé.***

**EN LAS PRIMERAS SEMANAS...**

**SOSTENGA A SU BEBÉ A MENUDO, ÁMELO Y DELE DE LACTAR.**



Guarde estos números de teléfono cerca mientras aprende a lactar o amantar a su bebé.

WIC \_\_\_\_\_

HOSPITAL \_\_\_\_\_

OTRO \_\_\_\_\_



# Su leche materna no tiene precio



**SOLAMENTE USTED PUEDE DARLE LECHE MATERNA A SU BEBÉ.**

La leche materna es más que el mejor alimento, conforta a su bebé. Su bebé necesita sólo leche materna durante los primeros seis meses.

Infórmele a todos que amamantará a su bebé — su familia, amigos, médico, personal del hospital.

Al nacer su bebé, sosténgalo de piel a piel en su pecho. El bebé sentirá su calor y su corazón.

Sostenga a su bebé en su pecho la primera hora después del parto.

Muchas preocupaciones sobre lactar o amamantar se pueden resolver fácilmente. Llame a WIC con sus preguntas.



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DHS 4591S (N-10-09) Breastfeeding Is A Special Time  
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