

The first few weeks, part one

SOT

Heather Ludwig

OSF HealthCare lactation consultant

"If they're moving or their mouth is making movements, that's a sign of alertness." (:05)

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OSF HealthCare lactation consultant

"Find ways to make it work for your family. Trade off who's taking a nap and who's taking care of the baby. I also encourage everyone to use a baby wrap or carrier. They're happiest snuggled on your chest. It will get better, I promise." (:28)

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"For babies that cry for a long time, it increases the stress level in their body. Cortisol is a hormone related to stress. Babies that have high levels of cortisol don't grow as well as they could have." (:13)

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"A baby has a busy day. Maybe they went to the doctor and had a lot of stimulation. Many times, in the evening they'll have a fussy period. Sometimes people call it the witching hour. They like to come and nurse frequently because it's comforting." (:22)

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"Eventually, [the fecal matter] will start to brown up and become yellow. Poop from an exclusive breast milk diet kind of looks like cottage cheese with mustard. There's not a whole lot. It's a little runny." (:16)