

How big is your baby's stomach?



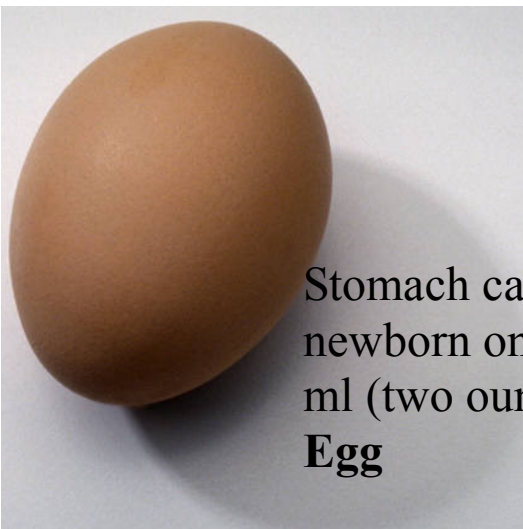
Stomach capacity of a newborn on Day 1 = 6 ml (less than a quarter of an ounce)

Small marble



Stomach capacity of a newborn on Day 3 = 26 ml (just under one ounce)

Ping Pong ball



Stomach capacity of a newborn on Day 10 = 60 ml (two ounces)

Egg

Many new mothers worry that their newborn isn't getting enough breast milk. The fact is that a newborn's stomach is about as big as a marble at birth. Colostrum, the early milk a mother makes should be plenty to meet a baby's needs. Just like adults are told to eat small, frequent meals, babies need small and frequent feedings. Coaxing a baby to constantly overeat may result in long term habits of eating till they feel overfull and lead to childhood obesity.

