

Knowing When to Feed



Babies eat when they are hungry and stop when they are full. Feeding cues are how your baby lets you know it is time to eat. Watch your baby for signs. You cannot breastfeed your baby too much. In the beginning, you can expect your baby to eat eight or more times every 24 hours. A feeding schedule is not recommended; watch your baby, not the clock!





Feeding cues:

- + Sucks on hand, tongue or fingers
- + Roots (opens mouth and turns head)
- + Puts hands to mouth
- + Nuzzles into the breast

Crying is a late sign that your baby wants to eat. Try to feed your baby before crying starts. If your baby is too upset to eat, calm him/her by rocking or having skin-to-skin contact before you try to feed.

Signs your baby is full:

- + Slows down eating
- + Turns face away
- + Looks relaxed
- + Stops sucking
- + Falls asleep, and stays asleep when put down

			
Day 1 Size of a cherry 5 – 7ml 0.1 – 0.2 oz	Day 3 Size of a walnut 22 – 27 ml 0.8 – 1 oz	Day 7 Size of an apricot 45 – 60 ml 1.5 – 2 oz	Day 30 Size of a large egg 80 – 150 ml 2.5 – 5 oz

Newborn tummies are small! In the beginning, babies eat a little bit very often – at least eight times every day, around the clock. Sometimes your baby will eat again soon after feeding, which is normal.



Did you know?

Pacifiers can hide signs that your baby needs to eat. Less time at the breast can reduce your milk supply. Avoid giving your baby a pacifier for the first month.

Questions? Ask a lactation consultant for free!

Call 912-466-3184

In the hospital: Ask your nurse to page the lactation consultant.



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