

# Feeding Your Newborn Baby

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*Generally speaking, a newborn baby should be fed when he is hungry.*

## **How often will my baby eat?**

You should expect your new baby to feed every 2 to 3 hours around the clock. Babies that are breastfed should nurse **8 to 12 times a day**.

## **What if my baby is sleeping?**

If your baby sleeps more than 3-4 hours without waking up to be fed, you need to wake your baby up and feed her.



*If your baby is not waking for feeds frequently, you need to let your pediatrician know.*



## **How will I know if my baby is hungry?**

Your baby will give you **signs** that she is hungry. You should feed the baby when you start to see these signs.

### **Signs of hunger in an infant**

Small movements as she starts to wake up  
Whimpering  
Lip smacking  
Pulling up arms or legs toward her middle  
Stretching  
Yawning  
Waking  
Looking alert  
Putting hand or fist toward his mouth  
Making sucking motions  
Becoming more active  
Nuzzling against your breast



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## How do I know if my baby is getting enough milk?

*Look at the wet and dirty diapers.*

- Wet diapers:
  - For the first two days, your baby should have 2-3 wet or dirty diapers each day
  - After the first two days your baby should have six or more wet diapers a day
- Stools:
  - Your baby should have 3 or more stools per day
  - If your baby is breastfeeding, she should have a yellow stool during or after each feeding

*Your baby will be gaining weight.*

- Your baby will be weighed at each visit with the pediatrician.
- Most babies lose a few ounces within the first week of life.
- All babies should be at their birthweight by two weeks of life.

*Your baby should seem satisfied after every feed.*

