

How often should I feed my baby?

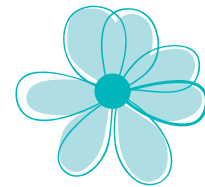


Your baby is ready to feed any time he shows **early signs of hunger**, which are:

- Eye movements under eyelids
- Sucking motions while sleeping
- Restless body movements while sleeping
- Bringing hands toward mouth

Don't wait until he is fussy or crying. That makes it harder to breastfeed.

If someone offers to take your baby to the nursery so you can rest, tell them you would like to keep your baby in your room. Room-sharing protects you and your baby from infection, and helps you both sleep better. Also, you will get more skin-to-skin contact with your baby, and you will learn your baby's hunger cues faster.



How do I tell if my baby is full?

Your baby will signal when he is full when he:

- Lets go of your breast and nipple.
- Falls asleep and stops sucking.
- Relaxes his hands and body.

If your baby comes off the breast relaxed and sleepy he has probably had a good feeding. If he stops sucking and does not come off the breast on his own, slide your finger into the corner of his mouth to break the suction. Burp him and offer the other breast. He may nurse again right away or he may take the other side in a few minutes or a few hours.

If your baby comes off the breast crying, he may not be getting a good latch. Ask for help right away.