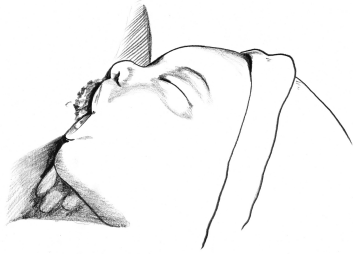


# QUICK HELP FOR NURSING

## LATCHING:

Your baby should latch like they're eating a taco, not drinking out of a straw. Your baby's mouth should be full of breast tissue with your nipple touching the back of their mouth at the soft palate. A good latch equals a deep, comfortable latch that feels like tugging. It should look like this:



scan this code for a video about latching

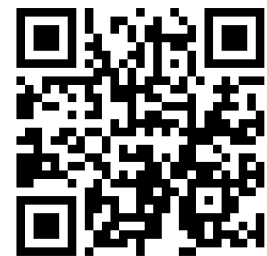


## GOOD LATCH CHECK LIST:

- A big mouth full of breast tissue: like a taco, not a straw
- A baby who is sucking (though their eyes may be closed)
- Rolled up nice and close to you so their tummy is touching you
- You are seated comfortably, not hunched over your baby
- It feels like tugging, not pinching, not rubbing, not scraping

IF YOU ARE STRUGGLING TO ACHIEVE THESE THINGS: GET HELP!

MORE INFORMATION ON HOW TO  
OFFER A BOTTLE & FORMULA FEEDING  
RESOURCES



# HOW TO KNOW IF YOUR BABY IS EATING ENOUGH:

The best way to know if your baby is eating enough is to follow their fullness and hunger cues.

## HUNGER CUES:



## FULLNESS CUES:



### **The First Seven Days**

For breastfed babies: 8– 12 feeds over 24 hours

For bottle-fed babies: From around approx. 5– 7 mL increasing to 60– 81 mL per feeding; or from approx. 1 to 3 ounces per feeding

### **Weeks one and two:**

For breastfed babies: 8– 12 feeds per 24 hours

For bottle-fed babies: Approx. 1– 3 ounces 8– 12 bottles per 24 hours

### **Weeks Three to Six**

For breastfed babies: 8– 12 feedings per 24 hours, still unpredictable in timing

For bottle-fed babies: 2– 4 ounces

### **Weeks Six to Twelve**

For breastfed babies: 6– 10 feeds in 24 hours, but at more regular intervals

For bottle-fed babies: 3– 4 ounces, but at more regular intervals

THESE RESOURCES WERE ADAPTED FROM FEED  
THE BABY, BY VICTORIA FACELLI, IBCLC. SCAN  
THIS CODE TO VISIT VICTORIA'S WEBSITE AND  
LEARN MORE ABOUT THE BOOK.

