

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

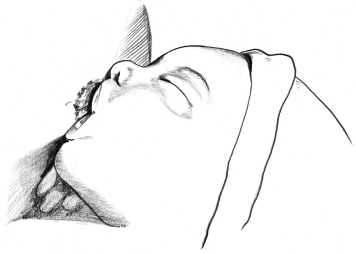
THESE RESOURCES WERE ADAPTED FROM FEED THE BABY,
BY VICTORIA FACELLI, IBCLC. SCAN THIS CODE TO VISIT
VICTORIA'S WEBSITE AND LEARN MORE ABOUT THE BOOK.



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

