

NEWBORN FEEDING



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When should I feed my baby?

Babies show hunger and fullness cues regardless of whether they are breastfed or bottle fed. **Let the baby decide when to start or stop.**



Start feeding your baby when he gives early hunger cues



Stirring



Mouth opening



Turning head, seeking/rooting




Stop feeding once your baby shows signs of fullness



Do not wait until your baby is very hungry and cries.

Is my baby getting enough milk?

Your baby is well fed when he has the following signs:

| | Day 1 | Day 2-4 | | Day 5 to 1 month |
|------------------------|---|--|--------------------------|---|
| Size of stomach | Around the size of a marble  | Around the size of a ping pong ball  | | Around the size of an egg  |
| Wet nappies | ≥ 1 | <u>Day 1-2:</u> ≥ 1-2 | <u>Day 3-4:</u> ≥ 3-4 | ≥ 5-6 (heavy) |
| Baby's stools | ≥ 1 (dark green sticky) | ≥ 2 / day (Changes dark brown on day 3 & 4 and then yellowish) | | ~ ≥ 2 /day (can be up to 7-8 times) |
| Weight | Mild physiological weight loss ↓ | Physiological weight loss continues ↓ | | ↑ Regains birth weight in around 1-2 weeks and steadily puts on weight |