

HOW MUCH SHOULD YOU FEED YOUR BABY



Day 1
Cherry
5-7ml



Day 3
Walnut
0.75-1oz



Day 7
Apricot
1.5-2oz



1 Month
Large Egg
2.5-5oz

FEEDING CUES

- TONGUE THRUSTING
- LIP SMACKING
- HANDS TO MOUTH & STRETCHING
- TURNING HEAD FROM SIDE TO SIDE
- CRYING IS A LATE HUNGER CUE



SIGNS YOUR BABY IS FULL

- SUCKING ISN'T AS STRONG
- OPEN FISTS
- BABY FALLS AWAY FROM THE BREAST/BOTTLE
- BABY BECOMES SLEEPY
- BABY'S BODY RELAXES

During the first 3 days baby's sucking sounds may sound like "Ca-Ca" and as your mature milk comes in, sucking is easier to hear.



WEIGHT GAIN & LOSS

- ALL BABIES LOSE WEIGHT AFTER BIRTH
- IT IS NORMAL FOR BABIES TO LOSE 7-10% OF THEIR BIRTH WEIGHT
- AS YOUR MILK INCREASES, YOUR BABY WILL GAIN 4 TO 7 OZ A WEEK
- YOUR BABY SHOULD RETURN TO BIRTH WEIGHT IN 10-14 DAYS



These are general recommendations all babies have unique needs and circumstances

REASONS BABIES CRY

- SLEEPINESS
- TOO HOT OR COLD
- WET OR DIRTY DIAPER
- NOISY ROOM
- GASSINESS
- WANTING TO CUDDLE

