



How to know your Newborn is getting enough

Knowing the cues of a hungry baby makes it easier to tell if yours is getting enough breastmilk or baby formula. Look for these signs to tell if your little one needs a little more.

- Your baby cries or is fussy.
- They put their fingers or fist in their mouth, or suck on their fingers.
- Your little one opens their mouth wide when touched on his chin or lips and roots for a nipple.
- They squirm or move their arms and legs.
- Your baby moves, licks or smacks his lips or makes small sounds.

How do you know when they're full?

Knowing your baby's feeding patterns and behavior is a big help, but recognizing these actions can make it a little easier.

- A hungry baby will initially be a little tense, then relax, as they become satisfied.
- Let your baby comfortably feed until they stop. You can assume they're satisfied when she's no longer interested and lets go of your breast or the bottle.
- They're likely full if they start and stop feeding often, taking only a few

sucks each time.

- If they slow down their pace and fall asleep they're likely full.
- Fidgeting or being easily distracted while feeding is another sign of fullness.

7 signs it was a good, productive feeding

Here are some other signs that your baby is getting enough to eat.

- You breast or bottle feed your baby at least 8 times per 24 hours.
- After the first week and once your milk is established if breastfeeding, your baby is gaining 1/2 oz- 1oz of weight a day.
- Your breastfed baby has 6 or more wet diapers and at least 3 yellow, “seedy” stools per 24 hours.
- Your breast fullness increases between feedings, and then softens after each feeding.
- You’re able to hear your baby swallowing milk.
- It's a comfortable feeding experience for you and your baby, and you aren't experiencing sore, cracked, red, pinched or painful nipples during feedings if you breastfeed
- Your baby is back to their birth weight by 14 days old.

If you have any questions about your baby's growth or eating, be sure to ask your pediatrician.