

Newborn Eating and Sleeping Patterns



How often do I need to feed my baby?

Follow your baby's lead and offer her the breast whenever she shows hunger cues like smacking her lips, bringing her fist to her mouth or looking for the breast. This will happen about 8-12 times every 24 hours.

Will my baby eat on a schedule?

Newborn babies don't eat and sleep on a set schedule, but you will notice a pattern. Most babies eat every 2-3 hours daily, have one long stretch of sleep of 4-5 hours and one period of cluster feeding. Your baby will tell you when she is hungry or full, so follow her lead.

What is cluster feeding?

Cluster feeding is when your baby wants to nurse more often - sometimes every hour. It happens most often in the evenings for the first 4-6 weeks of a baby's life. Babies should only cluster feed during one part of the day. You can feel confident they are getting enough if you see the right amount of wet and dirty diapers, as well as several 2-3 hour stretches of satisfaction after feedings.

Continued →

How To Know Your Baby Is Getting Enough In The First Month

Your baby's age	1 Day	2 Days	3 Days	4 Days	5 to 30 Days
How often should you breastfeed?	At least 8 but usually 10-12 times per day				
How many wet diapers?	 At least 1	 At least 2	 At least 3	 At least 4	 At least 6
How many dirty diapers?	 At least 1 black	 At least 2 black-green	 At least 3 dark green	 At least 3 green-yellow	 At least 3 yellow and seedy

When will my baby sleep?

Babies sleep for much of the day, often in 2-3 hour stretches between feedings. Your baby will wake up to eat, then go right back to sleep when finished.

It is normal for your baby to take one 4-5 hour stretch of sleep every day. A baby who sleeps longer than 6 hours may not be eating enough or gaining weight well.

Talk with a lactation consultant or your pediatrician if you have any concerns about your baby's eating or sleeping pattern.

Find more tips at BreastmilkCounts.com.

For free 24/7 information and support, call the Texas Lactation Support Hotline at 855-550-6667 to speak with a lactation consultant.

WIC has resources, healthy foods and more. Apply here:



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