

Baby Feeding Habbits



Day 1: First 24 Hrs

Babies are usually awake and alert for 1-2 hours after birth. They usually sleep for many hours. Babies are resting from birth, so they eat less often in the first 24 hours. Watch for feeding cues, and offer the chance to feed 8-12 times per 24 hours. Skin-to-skin is great today!

Day 2: 24-48 Hrs



Babies usually start to show more feeding cues as day 2 goes on. They may start to “cluster feed.” Cluster feeding is when the baby wants to eat frequently. This helps mom and baby learn how to breastfeed. Emptying the milk often helps “bring in” mom’s milk. This is normal in the beginning and may happen during growth spurts later on.



Day 3: 48-72 24 Hrs

Babies usually want to “cluster feed” on day 3. This is a great day to relax skin-to-skin so that baby can access the breast easily.



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