



Breast Feeding

From the moment your baby is born, they grow surprisingly quick. To fuel their development and keep them well-fed, be prepared to nurse about every two to three hours.

By one week, your little one may begin to nap for longer periods, giving you more time between feedings. If they are sleeping, you can maintain your baby's feeding schedule by waking them up gently when it's time to feed.

Tips to keep in mind if you're breastfeeding:

- The length of time between feedings is measured from when your baby begins nursing, not when she stops.
- Ensure your little one latches on correctly. This can be difficult when you're starting out, especially for first-time moms, but over time your baby may begin to latch comfortably.

- As your baby grows, they may nurse at a faster rate.
- Alternate between breasts during each feeding.
- Look for signs that your baby is full. She may turn away from the breast, nurse at a slower rate, or lose interest. Once she seems full, end the feeding.
- Your baby's healthcare provider may recommend adding vitamin D oral supplements to their diet. Follow the provider's instructions to ensure your baby gets the proper dosage.

Nursing your baby on demand or every couple of hours around the clock can seem like a lot—and it is! At the newborn stage, your baby can't take in much milk in a single sitting, so frequent feeding is needed to make sure they are getting enough nutrients.

