

What is normal for a newborn?

First hour	Day 1 & 2	Day 3	Day 4 and after
<ul style="list-style-type: none">• Who are my parents?• Where 's the food coming from?	<ul style="list-style-type: none">• Sleep is more important than food.• A little something now and then is fine.	<ul style="list-style-type: none">• Food is way more important than sleep!• And please hold me close, it's a big world.	<ul style="list-style-type: none">• Eating and sleeping balance out.• Except for the evening: snacktime 😊

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First hour	Day 1 & 2	Day 3	Day 4 and after
<ul style="list-style-type: none">• Short bursts of suckling• 5-7 mls is a full feed	<ul style="list-style-type: none">• 6 – 12 short feeds.• Irregular intervals, often clustering• Licking lips, hands, searching.	<ul style="list-style-type: none">• 8 – 12 big feeds• Irregular intervals, often clustering• Crying for food.	<ul style="list-style-type: none">• 8-10 feeds• Beginning of pattern: 2-4 hours between feeds.• Clusterfeed around evening.

THE 2ND NIGHT AND 3RD DAY ARE BINGEDAYS!

Be lazy, use laidback breastfeeding positions, let yourself be pampered and hold your baby close

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