Normal Newborn Feeding Patterns

**Day 1: First 24 hours**

Babies are usually awake and alert for 1-2 hours after birth. Then, they usually sleep for many hours.

Babies are resting from birth, so they eat less often in the first 24 hours.

Watch for hunger cues, and offer the chance to breastfeed 8-12 times per 24 hours.

Skin-to-skin is great today!

**Day 2: 24-48 Hours**

Babies usually start to show more hunger cues on day 2. Early hunger cues include hands-to-mouth, tongue thrusting, lip smacking, and rooting.

Babies may start to “cluster feed.” Cluster feeding is when the baby wants to eat frequently – this is normal and also happens later during growth spurts. This helps mom and baby learn how to breastfeed. Keep baby with you in your room and allow baby to feed as often as desired.

**Day 3: 48-72 Hours**

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.

Watch for feeding cues. Feeding babies by cue means baby removes milk more frequently and mom makes more milk.