

Breastfeeding

We support breastfeeding as the healthiest way to feed your baby. It provides nutrition, protects against infection and helps growth, development and bonding. **Breastfeeding is about closeness and comfort as well as nutrition.**

When to feed your baby

We recommend 'responsive' feeding - which means feeding your baby as soon as he/she shows early cues that they are hungry, such as:

- wriggling
- rapid eye movements
- hand to mouth movements
- sucking their fingers, fist or blankets
- rooting (turning head to the side and opening mouth)
- slight murmuring noises.

You can also breastfeed when your breasts feel full, or when you want a rest or cuddle with your baby.

Babies do not always feed at regular intervals and may 'cluster feed' with short gaps in between feeds, followed by periods of longer sleep. Cluster feeding is normal, especially when your milk starts to 'come in' - meaning your supply changes from the first colostrum to mature milk.

How often should my baby feed? Aim for...

In your baby's first hours	Number of feeds they should have
12 hours	at least 2 in total
24 hours	at least 3-4 in total
Day 2	at least 6-8 in 24 hours
Day 3 onwards	at least 8 in 24 hours