

# FEEDING on CUE

Feeding on cue means feeding babies whenever they show signs of hunger. Feed them whenever they want for as long as they want.

## Infant Feeding Cues:

- Awake with arms and legs moving.
- Makes fists or brings hands to mouth.
- Head movements while sleeping with rapid eye movements visible under the eyelids.
- Makes “rooting” motions, trying to latch.
- Two to three hours since last decent breastfeeding.
- Crying is a late hunger sign.

## What are the advantages of feeding on cue?

- You will produce as much milk as your baby needs since sucking and emptying the breasts determines milk supply.
- Frequent feeding assures a good milk supply for months to come.
- Babies are calmer and feed better when you catch their early feeding cues such as tongue movements and rooting.
- You bring comfort and pain relief to your baby as well as nutrition.
- Newborns are used to constant closeness. Frequent feedings gives them that connection.
- Babies gain weight better.
- Babies have less jaundice.
- Mothers have less engorgement.
- The overall duration of breastfeeding is longer.

## Important to know:

- Breastfeed early and often, at least eight to 12 times in 24 hours.
- The more you breastfeed the more milk you will produce.
- Allow your baby to breastfeed as long as interested.
- The breast is never empty, your baby can come back for seconds.
- Nipple pain should not occur, ask for tips on latching.
- All suckling should be at the breast.
- Any time there is a need to give the baby formula, pump both breasts 10 – 15 minutes.