

Frequently Asked Questions

My baby wants to breastfeed all the time. Is there a way to tell if my baby is getting enough to eat?

It is normal for your baby to feed at least 10-12 times in a 24 hour period. Remember to look for the signs your baby is getting milk.

Is there anything I can do to make sure I have a good milk supply?

Allow your baby to eat a lot. Newborns need to be close to you most of the time during the first week. You will need plenty of fluids, rest and a balanced diet. The more your baby feeds, the more milk your body will produce.

When should I breastfeed?

Watch your baby for feeding cues. Allow your baby to breastfeed as often as he/she desires.

Should I take pain medication?

It is important for you to be relaxed and comfortable. Your milk may not flow if you are in pain. Most medications are safe. Check with your healthcare provider to be sure the medications you are taking won't bother your baby.

Enjoy Parenthood

The first weeks may be challenging, but it gets easier very soon.



Babies were born to be breastfed.

Breastfeeding is the recommended optimal infant feeding for the first 6 months of life.

Call your healthcare provider if your baby sleeps a lot or isn't interested in eating.



This brochure provided by Perinatal Services Network of Loma Linda University Medical Center/Children's Hospital in partnership with First 5 San Bernardino.

Early Breastfeeding



Follow your newborn's cues



Getting Started

Attend prenatal breastfeeding classes, and/or explore breastfeeding related reading materials.

Place your baby on your chest skin to skin immediately after birth. Most babies will crawl to the breast and latch on with very little assistance.



Breastfeed as soon as possible after birth, ideally within the first 2 hours.

Keep your baby close so that you can watch for early feeding cues.

Next Steps

Watch for early feeding cues



Rapid eye movements

Soft cooing or sighing sounds



Hand to mouth (sucking on hands)



Signs your baby is getting milk:

- You will hear your baby **swallow**
- Your baby will have a rhythmic **suck/swallow pattern** while feeding
- Your baby will appear **satisfied** after feeding

What to Expect

Babies cluster their feedings

Your baby will breastfeed several times close together. Often these cluster feedings may occur at night during the first 2 weeks. Babies eat a lot at first. This does not mean that you do not have enough milk. Your baby is helping you produce just the right amount of milk.

Breastfeeding should not be painful

For the first few seconds you may feel some stretching or discomfort. If you feel prolonged pain, stop the feeding. Your baby may not be latched on to your breast correctly. GET HELP. Ask your healthcare provider about the Birth & Beyond Clinics where free help is available.

Your milk will increase between the 3rd and 5th day

As your milk increases you may feel breast fullness. Your baby will have 6-8 wet diapers per day. Feed often. Do not try to schedule or pacify your baby during the first 2 weeks.