



How often should I feed my baby?



Breastfeed your newborn baby whenever the baby is hungry, but at least ten or more times a day in a 24-hour period.

Wake your newborn to breastfeed, if they sleep longer than two hours during the day or three hours at night.

How long should I be breastfeeding?

Breastfeeding can take half an hour to an hour. It is not possible to overfeed your baby when you're breastfeeding. Let your baby decide when to stop breastfeeding.

Signs that they are done include:

- They pull away from the nipple.
- They become fussy.
- Sucking slows down and stops.
- Arms and hands relax.
- Baby falls asleep.

For breastfeeding support call Eisner Health's Lactation Warmline at (213) 905-2273.



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