

Cluster Feeding

- During the first few days of age (days 1-4) your baby will have periods when they cry a lot and want to breastfeed very often.
- Your baby is sucking to receive colostrum/milk as well as for comfort. This is normal baby behaviour. This frequent sucking helps you make more milk.



What your baby may do

Need very long or frequent breastfeeding and does not settle after breastfeeding

Wake often with hunger

Need to be held & cuddled a lot

Cry a lot - does not want to be put down

**Babies have a strong need to suck.
Frequent breastfeeding builds your milk supply.**

Parents often feel

Very tired

Sleepy

Frustrated

Upset

Worried they do not have enough milk

Concerned their baby is hungry again so soon



What parents can do

- Keep breastfeeding your baby when they show feeding cues - mouth opening, rooting, hand to mouth, crying (often every 1-2 hours).
- Hand express drops of colostrum onto a spoon and give to your baby after each feeding.
- When your baby is not settling after taking both breasts, try latching again and switching from breast to breast until baby is settled.
- Try other positions; side lying or laid back positions - may be more restful.
- Keep your baby skin-to-skin after feeding until they get into a deep sleep before moving them.
- Your partner can hold and carry your baby if you need a break to rest. If your baby is still not settling keep breastfeeding.
- Try sleeping or resting when your baby sleeps.
- Ask your nurse for help. If you are at home, call the Sunnybrook Breastfeeding Helpline 416-480-5900 press 4, 24 hours/7 days a week.

Your baby will cluster feed again when they have growth spurts between



3-6 weeks



2-4 months



6 & 9 months

