

EVERYDAY NEWBORN CARE

Feeding Basics



Whether you breastfeed, formula feed, or combine both, what matters most is a fed, thriving baby — there's no single right way.

In the early weeks, feeding is largely about learning your baby's cues and finding a rhythm together.

Most newborns feed **8–12 times a day** in the first few weeks — that frequency is normal, not a sign anything's wrong.

DON'T SKIP THE BURP



Burping is easy to treat as an afterthought — it isn't one

A newborn's gut is still immature, and trapped air left unresolved can mean pain, spit-up, and a harder time settling.

Make it a habit every time you pick baby up, not just after a full feed, and always give it at least 5 minutes — even past the first burp you hear.

Things to look out for



Hunger cues to watch for

Rooting (turning head, opening mouth toward touch), bringing hands to mouth, sucking motions, increased alertness or restlessness. Crying is a **late** hunger cue — try to catch the earlier signs when baby is easier to settle.



Fullness cues

Slowing or stopping sucking, turning away from the breast or bottle, relaxed hands and body, falling asleep.



Burping techniques

Hold baby upright against your shoulder or seated on your lap leaning slightly forward, and pat firmly at the back of the abdominal area, just below the rib cage — this is where trapped air tends to sit, and patting there (rather than higher on the back) is most effective at helping it rise and escape.

Things to look out for



Common early hiccups

Cluster feeding (frequent short feeds, often evenings), reflux-like spit-up after feeds, and latch discomfort in the first days. Most resolve with time and positioning adjustments — but persistent pain or poor weight gain is worth flagging to a provider.



When feeding struggles point to something more

Latching and sucking rely on smooth coordination between the head, neck, and jaw. If your baby consistently arches, resists being tucked into a curled position, or seems unusually strong or stiff through the neck — especially during feeds — it's worth having it checked.

This pattern can sometimes go hand-in-hand with musculoskeletal tension that also affects feeding mechanics, and it's one of the things we look for in a **neonatal assessment**.

Book a consultation

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