

Prenatal Education: Topic #7: Feeding On Cue

What is “feeding on cue”?

1. Feeding on cue simply means feeding your baby whenever he/she shows feeding cues.
2. Feeding cues are signs of hunger.
3. Feeding cues are: mouthing movements, tongue protruding, rooting, hand to mouth movements, hand-sucking.
4. Crying is a *late* hunger sign.
5. Feed baby *whenever* baby wants for as *long* as baby wants.



What are the advantages of feeding on cue?

1. Since sucking and emptying the breasts determines milk supply, feeding the baby as often and as long as the baby wants means you will make as much milk as the baby needs.
2. Frequent feeding in the first few weeks after birth builds up milk-making tissue in your breasts, assuring a good milk supply for months to come.
3. Baby latches and feeds better when you catch his early feeding cues such as tongue movements and rooting. If you wait until he is crying, it may take more time to calm him before feeding.
4. You bring comfort and pain relief to your baby when you feed on cue. Nursing is for comfort as well as nutrition. Babies cannot be held “too much” or “spoiled.”
5. Newborns are used to constant closeness and feeding. Frequent feedings gives them that connection.
6. Babies gain weight better.
7. Babies have less jaundice.
8. Mothers have less engorgement.
9. The overall duration of breastfeeding is longer.

Your baby prefers you. Avoiding pacifiers and bottles will help your baby breastfeed better.

1. The sucking action on a pacifier or bottle is very different from how a baby latches the breast.
2. When a baby sucks a pacifier or bottle, the breast does not get the stimulation to make milk.
3. Formula is difficult for baby to digest.



...to learn more, read the other side!