

Sleepy babies

Sleepy babies are not good at showing signs that they are hungry.

Try waking your baby first with a variety of motions and sounds, such as different positions, using different words and sounds, and touching different parts of his body. Then get ready to feed.

- Place your baby in skin-to-skin contact and gently rub his back, arms, hands, and feet.
- Talk to him in a calming voice.
- When he begins to move more or opens his eyes, move him to your breast to feed.
- When he stops sucking, gently squeeze and massage your breast. Move your hand to a different area of your breast to massage and squeeze every time your baby stops sucking.

Most sleepy babies will get better at showing hunger cues in a few days. It may take 10 to 15 minutes to wake a sleepy baby.

Sleepy babies should:

- Be encouraged to nurse at least 8 times a day or every 1–3 hours during the day, and
- Have no more than one four-hour sleep period in 24 hours.

