

Sleepy Baby

A baby who sleeps a lot can seem like a dream, but it can be a cause for concern. Newborns who sleep too much will eat too little. If your sleepy baby does not wake up to feed at least 8 times in 24 hours or falls off the breast within a few minutes of nursing, try the following tips:



Babies who sleep too much:

- ♥ **Wake your baby up to feed** if he waits longer than 3 hours during the day or 5 hours at night to eat.
- ♥ **Avoid rubber nipples and pacifiers.** They can make a sleepy baby too tired to nurse at the breast.
- ♥ After offering the first breast, burp your baby, change the diaper and then **offer the second breast.**
- ♥ **Nurse long enough for your baby to soften the breasts.** If your breasts do not feel softer after feeding, pump some milk to soften them. Also watch for other signs that your baby is getting milk - yellow poops, weight gain, changes in suck pattern from short bursts to sucks with pauses in between. If your sleepy baby is not feeding well at the breast, get help with positioning and latching. Call WIC, a breastfeeding support group or lactation consultant. You can also search the web for advice in the meantime.
- ♥ If sleepiness continues, call your baby's doctor to rule out illness.

Babies who quickly lose interest in nursing and fall off the breast:

Some babies latch on well but come off the breast when the flow of milk slows down. Switch nursing may help: Latch the baby on and when the baby loses interest (about 5 minutes), switch to the other side. When the baby again loses interest, go back to the first side. If the baby still wants more, return to the second side. You can also try breast compression: While the baby is nursing, grasp your breast with your thumb on one side and fingers on the other, taking a good amount of breast in your hand. Then gently squeeze your breast between your thumb and fingers. This helps "push" more milk out of the breast making your baby more willing to nurse. Keep up the pressure until the baby begins to lose interest again. (When the pressure is released, your baby may stop nursing). Wait a moment, rotate your hand and compress your breast once again and try feeding the baby. Once compression no longer works, try switching sides.

Mother's Milk offers your baby health benefits that will last a lifetime!



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY



Pennsylvania WIC Program
1-800-WIC-WINS
2011