

Cluster Feeding: Is My Newborn Getting Enough Milk?

Normal Cluster Feeding

Baby eats every hour or so, for just a few hours (≤ 3)

Lasts for about a day, then breasts swell and milk comes in

Baby *usually* satisfied for at least 2 h after feeding

You feel baby is getting enough

Colostrum is easy to express, can fill a spoon within a few minutes

Supplementation with formula usually unnecessary (every baby is different; trust your instincts)

Not Getting Enough

Constant crying and frantic hunger signs when not on the breast

Lasts longer than a day (milk should be in by 72 hours (delays common with c-section, first baby, difficult birth, hemorrhage, diabetes, high blood pressure, BMI ≥ 27)

Baby almost never seems satisfied

You think baby isn't getting enough

Minimal or no signs of colostrum

Consider *temporary use* of formula until milk comes in; add pumping if baby not feeding at least 15 min/side every 3 h