



# How often should I feed my baby?



Breastfeed your newborn baby whenever the baby is hungry, but at least ten or more times a day in a 24-hour period.

**Wake your newborn to breastfeed, if they sleep longer than two hours during the day or three hours at night.**

## How long should I be breastfeeding?

Breastfeeding can take half an hour to an hour. Let your baby decide when to stop breastfeeding.

## Signs that they are done include:

- They pull away from the nipple.
- They become fussy.
- Sucking slows down and stops.
- Arms and hands relax.
- Baby falls asleep.



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