

Breastfeeding Tip

is my baby hungry?

Watch for early signs of hunger:

- sucks on hands or fingers
- opens and closes mouth
- moves arms and legs a lot
- turns head from side to side or bobs head up and down, looking for the breast



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Your baby will learn trust, comfort and love when you respond to their needs early.

You might be breastfeeding every 1 to 3 hour in the first couple of months – *this is normal!*



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