Getting through a cluster feeding evening

Use these steps when a newborn wants to feed again and again in the evening.

- [ ] Feed in response to the baby's cues rather than a strict schedule.
- [ ] Set water and food within reach before the first feed starts.
- [ ] Try a different feeding position if shoulders or arms ache.
- [ ] Use skin-to-skin contact and keep an unsettled baby upright.
- [ ] Wind the baby carefully after each feed.
- [ ] Rest when the baby settles and ask family to help with chores.
- [ ] Check wet and dirty diapers and weight gain to confirm enough milk.
- [ ] Call the pediatrician if a baby over 1 week feeds around the clock.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/parenting/cluster-feeding/