



welcome home

HOW TO START THE FULL FEEDINGS METHOD
BIRTH TO 4.5 WEEKS

First of all, congratulations! Whether you just birthed another human or witnessed someone else do it, it's quite an incredible reminder of how beautiful life can be! Becoming a mother was the best thing that has ever happened to me, and one thing that has allowed me to continue to enjoy it to the fullest, is my sleep.

Now is the perfect time to start working on getting your family some sleep. The best decision you can make for your family is to work on infant sleep from birth.

First, take a deep breath and know that you have our support. The first few weeks are the hardest but it all continues to get better and better! It's true what they say, the days are long but the years are short, but the sleep will really help you make the most of your precious time with your little ones.

We have all the resources you need to get your baby sleeping and we want to help you!

Let's go, parents!

WELCOME HOME

where do I begin?



I know the first few days after welcoming a baby can prove exhausting and overwhelming. Depending on how your labor and delivery went, it can further add to these feelings of physical and emotional exhaustion.

Whether this is your first baby or you are bringing baby home to sibling(s), the first days can often feel like a blur. And while you may not be able to pay attention to anything else, you will have to pay attention to how much and how often your baby is eating.

It doesn't matter if it's breast or bottle, working to establish full milk feedings is something that every parent is encouraged to do from birth.

ONE OF THE FIRST PLACES I WOULD RECOMMEND STARTING IS LOGGING INTO YOUR ACCOUNT & CLICKING:

OTHER INGREDIENTS > EAT > BIRTH TO 4.5 WEEKS OLD

This will give you an overview of the goals for your first month and what we want to focus on.

From there, the following pages are things to keep in mind as you make your way through your first month of parenthood. Here are the main ingredients we can work on from birth, to get you sleeping...

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establish full feedings



Our main goal in this first month is to establish full milk feeds. From the time your baby is born, they are going to need to eat at least every 3 hours around the clock, but it's more common they will need to eat fully every 2-3 hours, so keep this in mind.

THINGS TO REMEMBER:

1. Your baby is going to be very sleepy in the first month.
2. Your goal is to keep baby awake and eating for a full feed.
3. Every feed is a new chance to try again.
4. Any time spent eating, even with their eyes closed, is considered "wake time".
5. As baby starts to "wake up" they may want to feed fully every 2-3 hours.
THIS IS NORMAL.

Once you get the go ahead from your pediatrician to let baby go at night, I suggest feeding at least every 3 hours until the dreamfeed, and then letting baby go longer after that.

Remember mama, half feeds get you half sleep, so work to establish full feedings and you will be well on your way to consistent nighttime sleep.

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what is a full feeding?



Full is relative to each baby, but there are some “standards” we work towards to gain the confidence to know our baby is full. Knowing baby is full is an important ingredient in consistent nighttime sleep because it gives us the confidence to make decisions about working to eliminate night feeds, if baby doesn’t do this on their own.

For BOTTLE FEEDING, a full feed is considered taking an age-appropriate amount of milk over the course of 30 minutes. We want the feed to take 30-minutes (this includes burp time, as long as it’s not excessive). We use the 30-minutes as our measure of full, so when baby starts taking the same amount of milk faster than 30-minutes, we know we need to increase the amount offered, which is something we will have to consistently do over the course of the first year.

BOTTLE FEEDING GUIDELINES FOR MONTH ONE

1.5 to 3oz (45 to 90ml), at least every 2-3 hours (birth to 2 weeks old)

2 to 4oz (60 to 120ml), at least every 3 hours (2 to 4.5 weeks old)

For BREASTFEEDING, a full feed is considered nursing for 30-minutes. This includes burp time as long as it’s not excessive.

YOU CAN FIND OTHER HELPFUL CONTENT ON FEEDING FULLY BY LOGGING INTO YOUR ACCOUNT & CLICKING:

OTHER INGREDIENTS > EAT > **WHAT IS A FULL FEED?**

OTHER INGREDIENTS > EAT > **HOW TO KEEP BABY AWAKE & FOCUSED WHILE EATING**

OTHER INGREDIENTS > METHOD CONCEPTS > **WHY FEEDS SHOULD TAKE 30 MINUTES**

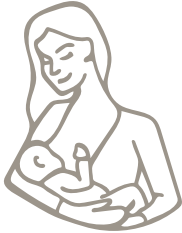
OTHER INGREDIENTS > METHOD CONCEPTS > **ALL FEEDS SHOULD BE FULL FEEDS**

OTHER INGREDIENTS > METHOD CONCEPTS > **HUNGRY BABIES DON’T SLEEP WELL...**

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nursing positions

I THINK NURSING POSITIONS ARE ALL ABOUT PERSONAL COMFORT SO FIND A POSITION THAT WORKS BEST FOR YOU AND YOUR BABY. USING A NURSING PILLOW CAN ALSO BE HELPFUL, SO BOTH YOU AND BABY CAN RELAX AND HAVE A LOVELY NURSING EXPERIENCE.



CRADLE | The most common nursing position, where you and baby are chest to chest.



CROSS-CRADLE | This is a great position for the early nursing days or if you need to express milk.



FOOTBALL HOLD | Known as one of the most comfortable nursing positions, the football hold is also common when nursing multiples.



SIDE-LYING | In this position, you and baby face each other belly to belly while laying down.

YOU CAN LEARN MORE ABOUT VARIOUS NURSING POSITIONS BY LOGGING INTO YOUR ACCOUNT & CLICKING:

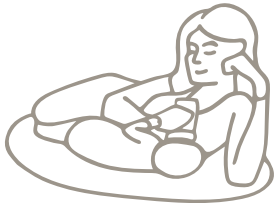
OTHER INGREDIENTS > BREASTFEEDING > **NURSING POSITIONS**

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ways to feed a bottle



TRADITIONAL CRADLE | The most common nursing position, where you and baby are chest to chest.



SIDE-LYING (BOPPY) | This is a great way to feed if baby has reflux, you're tired (hello!?) or you have multiples.



SITTING UP | Inclining baby for feed can be especially beneficial with babies who are struggling with reflux.

YOU CAN LEARN MORE ABOUT VARIOUS WAYS TO FEED A BOTTLE BY LOGGING INTO YOUR ACCOUNT & CLICKING:

[OTHER INGREDIENTS](#) > [BOTTLE FEEDING](#) > [WAYS TO BOTTLE FEED](#)

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keeping late evening feed as *'dreamfeed'*



Your baby is going to eat in the late evening (10/11pm) from birth because naturally they will need to eat every 3 hours.

**KEEP THIS FEED IN PLACE UNTIL BABY IS SLEEPING THROUGH THE NIGHT.
TRUST ME ON THIS ONE.**

I know it's so hard to stay up, but the dreamfeed is your secret weapon to longer stretches of sleep at night because we are working to extend the time between feeds at night, and the sleep naturally follows.

If you pull the dreamfeed, in favor of going to sleep at bedtime, it can take you a lot longer to get to 12-hours of nighttime sleep. With the dreamfeed, you can be sleeping through the night by 8 - 12 weeks old.

The dreamfeed is also a great way to get your partner involved if you are bottle feeding or are willing to offer a bottle for one feeding a day. Your partner can gently wake your baby just a little and offer a full feeding anytime between 10pm -11pm. The goal is to feed your baby before they wake themselves for a feeding. It should help you get some rest and put some space in between night time feedings.

Keep in mind that for the first month, you will likely have to fully wake your baby for the dreamfeed. If you have to do this, you still want to keep the environment sleepy, quiet, dark, and "night like".

**YOU CAN FIND OTHER HELPFUL CONTENT ON USING A DREAMFEED BY LOGGING INTO YOUR ACCOUNT
& CLICKING:**

[OTHER INGREDIENTS > DREAMFEED > **WHAT IS A DREAMFEED?**](#)

[OTHER INGREDIENTS > DREAMFEED > **DREAMFEED ENVIRONMENT**](#)

[OTHER INGREDIENTS > DREAMFEED > **DREAMFEED HELPS EXTEND TIME BETWEEN NIGHT FEEDS**](#)

WELCOME HOME

swaddling

SWADDLING IS A VERY IMPORTANT INGREDIENT IN INFANT SLEEP



Swaddling is a very important ingredient in infant sleep. Whether you choose to use a traditional swaddle or a sleep sack, find something you like and use it for all sleeps. YES, I said all sleep.

Babies who are swaddled tend to sleep longer and more soundly, because the swaddle helps protect them against their natural startle reflex (Moro Reflex), it calms them, and will keep them from scratching their face.

In addition to these benefits, using a swaddle for all sleeps is a great way to signal it's time to sleep, and in this way you can communicate to your baby what you would like them to do.

Whatever type of swaddle you choose, just work to keep it consistent, for all sleeps. And don't be afraid to rock baby to sleep in their swaddle, as needed. They may fight you a little a first but if you gently rock/shush, they will fall asleep.

YOU CAN LEARN MORE ABOUT THE VARIOUS TYPES OF SWADDLES BY LOGGING INTO YOUR ACCOUNT & CLICKING:

OTHER INGREDIENTS > SLEEP > **SWADDLING 101**

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burping

BURPING WELL IS AN ESSENTIAL INGREDIENT IN FULL FEEDS



Burping well is an essential ingredient in full feeds and consistent nighttime sleep. It's important to burp your baby well at every feed. If you don't burp frequently, baby can often stop eating because they feel full when they actually just have trapped gas.

This is especially true of newborns. Therefore, it's very important to stop frequently and burp so they can take a full feeding and not have any discomfort while they're eating.

A good rule of thumb is to burp baby every 5 minutes for up to 5 minutes. If after that time they don't burp, you just want to go back to eating.

Obviously as baby gets older, both you and baby will get very efficient at burping and it's not going to take that much time.

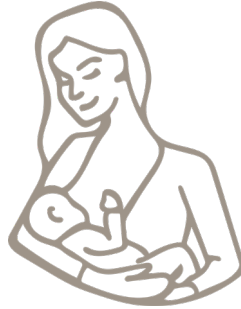
But in the beginning, it's very important to stop frequently and burp. This is going to really help baby to stay comfortable and take a full feeding.

YOU CAN LEARN MORE ABOUT VARIOUS WAYS TO BURP YOUR BABY BY LOGGING INTO YOUR ACCOUNT & CLICKING:

OTHER INGREDIENTS > EAT > **BURPING 101**

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help/hold your baby



Parents are often concerned that holding their child is going to create a “bad habit” which is a misconception I am working hard to change. **NO PARENT SHOULD EVER FEEL GUILTY FOR HOLDING THEIR BABY. EVER.**

I may be the only sleep consultant in the world that is going to encourage you to hold and help your baby. I believe that helping baby into their age-appropriate routines is one of the best things you can do to work towards consistent nighttime sleep.

I am NOT saying that I want you to hold your baby for every single sleep, because working on independent naps/nighttime sleep is something we want to do, BUT if your baby is having trouble falling asleep, I think helping them is what you should do, so you can prevent them from becoming overtired in any period.

Preventing your baby from becoming overtired in any period is an essential ingredient in consistent nighttime sleep. This will get them sleeping through the night and then we can easily teach self-soothing, without crying.

During the first month, your little one isn't going to want to stay awake very long. Typically I don't suggest paying attention to their age-appropriate Optimal Wake Time until 4.5 weeks old. But, if you find baby wants to stay awake longer than 40 minutes in the first month, you will want to gently help them to sleep by this time.

YOU CAN LEARN MORE ABOUT VARIOUS WAYS TO ROCK YOUR BABY TO SLEEP BY LOGGING INTO YOUR ACCOUNT & CLICKING:

OTHER INGREDIENTS > SLEEP > **WAYS TO ROCK BABY TO SLEEP**

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optimal wake time

THE AMOUNT OF TIME YOUR BABY SHOULD STAY AWAKE



Optimal Wake Time (*OWT*) is the amount of time baby **should** stay awake, not the amount of time they **could** stay awake. There is a very important difference between the two. Just because your baby can stay awake longer, doesn't mean they should.

While I don't want to stress parents out with worrying about *OWT* from birth, it's important to keep in mind that your baby's *OWT* in the first 4.5 weeks is probably only 30-40 minutes (includes feed time), and if you choose to feed longer or keep your baby awake longer, they will likely fight sleep.

I know this is a very short amount of time, but know it's normal for it to take some time for you to get the hang of getting everything done in this short amount of time.

YOU CAN LEARN MORE ABOUT OPTIMAL WAKE TIME BY LOGGING INTO YOUR ACCOUNT & CLICKING:

[OTHER INGREDIENTS > OPTIMAL WAKE TIME > BUT ANN, MY BABY CAN STAY AWAKE LONGER THAN OWT](#)

[OTHER INGREDIENTS > OPTIMAL WAKE TIME > WHY EXTENDING OWT IS A BAD IDEA](#)

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days & nights confused



One of the biggest “problems” I see in the first month are parents exclaiming their baby has their days and nights confused. While this may seem like something you can’t control, typically this is a sign that we need to start limiting daytime sleep further.

From birth, your pediatrician will advise you to be feeding fully at least every 3 hours during the daytime. I will advise you the same. Babies are typically very sleepy in this first month and that is why it’s important to wake them to feed, if they don’t wake on their own. This is to ensure baby is eating enough to grow and develop.

So, if baby is eating for 30 minutes and then eating 3 hours later (from start of feed to start of feed), this would mean that baby is taking a 2.5 hour nap in each cycle. As they get older each week, this can cause “too much daytime sleep” so if you find that baby has their “days and nights confused” and is wanting to stay up for extended periods of time at night, you simple want to start limiting those nap times down to eventually limit them to 1.5 hours each by 4.5 weeks old. There is a suggested daily routine on the MONTH ONE guide, as a reference.

If you are limiting daytime sleep and baby is still wanting to wake at night, make sure you are exposing them to a little bit of sunlight each day to get their natural circadian rhythms in sync.

YOU CAN LEARN MORE ABOUT THIS BY LOGGING INTO YOUR ACCOUNT & CLICKING:

OTHER INGREDIENTS > SLEEP > **DAYS/NIGHTS CONFUSED**

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some other things to remember

1. INFANTS THRIVE ON CONSISTENCY. Your baby will feel safe and secure if they know what is coming next. If you do the same thing, from cycle to cycle & day to day, your baby will begin to predict a routine.

2. THE FULL FEEDINGS METHOD IS A ROUTINE, NOT A SCHEDULE. It is very important, at this age, to understand that the guides are not a schedule, they are a routine. We want you to follow the outline of what is going on and use the clock to guide you, but not as a strict indicator of what happens.

3. FLEXIBILITY IS KEY. Whether it is with feed times, nap times/lengths, start of day times, etc, be flexible while keeping in mind the main ingredients of The Full Feedings Method. In this way, you will achieve consistent nighttime sleep the fastest.

4. KEEP SHORT, NAPTIME AND BEDTIME ROUTINES. These will go a long way towards helping baby to know what "time" it is. If you want to learn more about this, log into your account, click [OTHER INGREDIENTS > SLEEP > NAPTIME + BEDTIME ROUTINE \(VIDEO\)](#).

5. LONGER IS NOT ALWAYS BETTER. Whether it is feed length or wake time, longer is not always better. Feeding baby longer than 30-minutes can exhaust them and cause them to become overtired. Also, any calories consumed over the 30-minutes will likely be burned off with the energy it takes baby to eat, so I would recommend capping feeds at 30-minutes. On the same note, keeping them away longer than the 40 minutes OWT can cause them to become overtired and will make everything feel more difficult than it already does.

6. GIVE YOURSELF AND YOUR BABY GRACE. I am all for working towards sleep, obviously. But whether this is your first baby, or fifth, you are going to have an adjustment period transitioning to your new normal, and the best thing you can do is to have grace for yourself and your baby. Do your best in each moment, but if things don't go as planned, accept it as is, and move forward with your day, knowing that in any moment, you can start again.

7. FOCUS ON THE THINGS YOU CAN CONTROL. You need to control what you can control, and right now that isn't much, but it does get easier as baby gets older. What you can control is meeting your baby's needs fully throughout the day. We always recommend that you feed fully, on-demand. You can't control when they will ask for food but what you can control is you offering a full feed and this will give you the best chance of keeping feeds age-appropriately spaced throughout the day. You can also control what time your day starts (we suggest anytime between 6-7:30am) and keeping approximately the same bedtime each night. You can also control the number of feeds your baby gets each day. Work to track and keep those consistent and you will be well on your way to nighttime sleep.

8. KEEP NIGHTTIME, NIGHTTIME. When baby wakes at night, take them and offer a full feeding, still swaddled, lights off, white noise on, we want to keep stimulation as low as possible. If you need to change their diaper, do so at the top of the feed so they hopefully fall back asleep while eating. If baby is having a hard time staying awake, you can unswaddle them or change their diaper mid feed, to rouse them slightly to take a full feed.

The first weeks with a newborn are so hard! We hope we can make it easier by giving you the ingredients you need to achieve consistent nighttime sleep. **One day at a time, mama!**

We are here to support you on your journey to consistent nighttime sleep. Lean on us, as needed, but also don't forget to trust your instincts...they are there for a reason! If you're not yet a member, head over to www.fullfeedings.com/infant to check out The Full Feedings Method Online Program and let's get you some sleep!