



THE FED IS BEST FOUNDATION

The most recent data shows alarming trends in infant feeding, namely a rise in hospitalizations for feeding complications in exclusively breastfed newborns who don't receive enough breast milk, including increasing rates of jaundice, hypoglycemia, and dehydration, which can threaten a newborn's brain.

Know the signs to look for when your baby is **HUNGRY**. In the first days of life, watch your newborn for:

H Hypoglycemia, characterized by cold feeling skin, jittery movements, and abnormal breathing patterns 

U Unsatisfied nursing, constant 'cluster feeding' (when babies bunch feeds close together) 

N Not waking for feedings, lethargy - in first days of life, it's important to wake baby for feeds

G Growth or weight loss over 4% of total body weight in 24 hours. Total weight loss should **NEVER** exceed 7% of baby's birth weight

R Reduced diaper output (wet or soiled), and 'red brick dust' urine, characterized by a pink, red, or orange powdery stain in baby's diaper

Y Yellow skin or jaundice, showing a yellow tinge to the skin and/or sclerae (the white part of the eye)

If you see any signs that your baby is **HUNGRY**, don't be ashamed - supplement feed your baby and seek medical assistance right away. Don't wait until it's too late.

Learn more at www.fedisbest.org