



Recent data trends show a concerning rise in hospitalizations of exclusively breastfed newborns. This is due to feeding complications from insufficient breast milk intake, including jaundice, hypoglycemia, and dehydration, which can impair a newborn's future brain development.

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

- H** Hypoglycemia (low blood sugar) jittery hands, low body temperature, inconsolable and high-pitched crying, turning blue and seizures
- U** Unsatisfied nursing, lasting longer than 30 minutes and occurring more frequently than every 2 hours, crying despite prolonged breastfeeding
- N** Not waking for feeding every 2-3 hours, difficult to arouse and very sleepy, not maintaining latch, limpness, lethargy
- G** Growth or weight loss exceeding 7% at any time, which increases risk of high sodium levels (hyponatremia) and excessive jaundice
- R** Reduced wet and dirty diaper counts (no wet diapers in 6 hours), Red brick dust on diapers, dry lips and mouth, crying without tears
- Y** Yellowing of the skin or eyes, especially below the face, known as hyperbilirubinemia or excessive jaundice

If you see the signs that your baby is **HUNGRY**, seek medical assistance from your pediatrician immediately and supplement your baby. Don't wait until it's too late.

For more resources about how to safely breastfeed your newborn baby, click on parent resources at: <https://fedisbest.org/resources-for-parents/feeding-plan/>

The Fed is Best Foundation is a registered 501(c)3 tax-exempt non-profit organization of health professionals and parents who study the science of infant feeding and work to identify dangerous gaps in current breastfeeding protocols, guidelines, and education programs in order to provide families and health professionals the most up-to-date evidence-based resources to practice safe infant feeding with breast milk, formula, or a combination of both.