

Night feeds

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For the first three months of your baby's life their stomach is so tiny that they need to feed during the day and night in order to take in enough milk. But even after three months, there are many other reasons why your baby still wakes for feeds during the night, such as:

- Thirst or hunger
- The pain of teething
- Your baby may be cold; check the temperature of the room
- If they are feeling unwell (for instance if they have a high temperature) this could also be disturbing them
- They may just miss the warmth of your body, cuddles and company at night

Breaking the pattern

Newborn babies only have small stomachs, so they need to wake during the night because they can only take a small amount of milk at a time. They need to feed at regular intervals throughout the day and night to ensure their nutritional requirements are met.

However, some older babies and toddlers get into a habit of waking for unnecessary feeds during the night. To break the pattern, try reducing the number and length of daytime naps. This will ensure they're more tired come bedtime and need to sleep for longer through the night. Because they'll be awake for longer during the day, they'll have more time to make up for any feeds they missed during the night as a result of sleeping through. You could also try comforting them with something other than a feed when they wake, such as a cuddle.

Remember, if you have a question, just ask. Call our team on **08457 623 628** between 8am and 8pm Monday to Friday, or chat instantly with them online via Live Chat, Monday to Friday 9am - 5pm.