



Is my baby too sleepy?

Yes...if my baby:

- sleeps 4 hours more than once a day
- falls asleep right after starting to eat
- does not swallow when eating
- has dark or green poop after day 5

My baby should:

- eat at least 8 times in 24 hours
- wake easily or on his own to nurse
- swallow when eating
- have yellow poop by day 5

Try:

- undressing baby and changing diaper
- holding baby on your bare chest for awhile
- tickling feet
- rubbing back and face

If you have questions or concerns, contact:

- WIC office
- Baby's doctor
- Hospital