

Infant Sleep & Feeding Awareness

A Gentle Guide for New Parents

Normal Sleep & Feeding Patterns

In the early weeks, newborns should feed every 2–3 hours, including during the night. It's normal for babies to wake frequently — their small stomachs require frequent nourishment to support growth and development. By 3–6 months, some infants may begin to sleep for longer stretches, but regular feeding is still essential in the first months.

When to Be Curious (Early Sleep Red Flags)

If your newborn is sleeping longer than 4 hours without waking to feed, or seems unusually “good” at sleeping through the night, take note of these possible signs:

- Difficulty latching or staying latched during feeding
- Fewer than 6–8 wet diapers per day
- Slow or plateaued weight gain
- Baby falls asleep quickly when feeding begins
- Baby prefers one head position or shows tension in the neck or jaw

Supportive Steps for Parents

1. Track feeding frequency, diaper output, and weight changes.
2. Work with your pediatrician or lactation consultant to ensure effective feeding.
3. Ask about a gentle chiropractic or movement evaluation if baby shows tension, head tilt, or latching difficulty.
4. Remember — “good sleep” is wonderful, but too much too soon can sometimes hide feeding challenges.

Collaboration and Care

Healthy sleep, feeding, and growth are all connected. Gentle chiropractic care can help address movement restrictions in the neck, jaw, or cranial areas that may affect feeding or comfort. Dr. Bronson works collaboratively with pediatricians and lactation consultants to support your baby's best start.

Gentle Chiropractic Care for Growing Families

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