

SUPPORT ♥ *normalise* ♥ CELEBRATE ♥ *support* ♥ NORMALISE ♥ *celebrate*

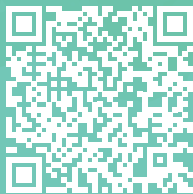
celebrate ♥ SUPPORT ♥ *normalise* ♥ CELEBRATE ♥ *support*

Is it Normal...

for my baby to wake through the night?

Yes - Babies wake for lots of reasons, including: hunger, thirst, discomfort, warmth, reassurance and safety.

Did you know?
Frequent night waking is thought to be protective against Sudden Infant Death Syndrome (SIDS).



For more information on feeding and caring for your baby please contact your Midwife, Health Visitor or Children's Centre.

Is it Normal...

for my baby to feed frequently?

Yes - It's very common for babies (and toddlers) to feed frequently.

Did you know? Babies feed for hunger, thirst, rest, comfort, pain relief, when unwell, if bored and many other reasons. Frequent feeding can be normal. If you're worried seek support.



For more information on feeding and caring for your baby please contact your Midwife, Health Visitor or Children's Centre.

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Is it Normal...

for my baby to feed at night?

Yes - Night feeds are important for growth, comfort, milk supply and connection.

Did you know?

The hormones in breastmilk help your baby go back to sleep quicker.



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Is it Normal...

for my baby to want to be held all the time?

Yes - Your baby relies on you for warmth, comfort, security and food.

Did you know?

Humans are carry mammals and human babies are unable to provide these things for themselves. It's normal for your baby to want to be close to you.



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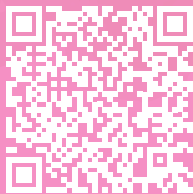
Is it Normal...

for my baby to breastfeed beyond their first birthday?

Yes - All breastmilk is valuable. Breastfeeding provides nutrition, comfort and health benefits for as long as you and your baby wish to continue.

Did you know?

The World Health Organization (WHO) recommend continued breastfeeding for up to two years of age and beyond.



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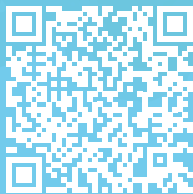
Is it Normal...

for my baby to want to be close to me?

Yes - Have you heard of the 4th Trimester? It's a time of lots of physical and emotional change as your baby adjusts to being outside the womb, and you adjust to life as a new mum.

Did you know?

The 4th Trimester is the 12 week period after giving birth. Your baby has moved from your safe, familiar womb to a world full of new sounds, smells, sights and the first feeling of hunger and distance from you.



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