

## WHAT TO EXPECT

- **LESS SLEEPINESS, MORE WAKEFULNESS**  
Watch out for day night confusion & overstimulation
- **REGAINED BIRTH WEIGHT**  
Should happen between 2-3 weeks or earlier
- **1ST GROWTH SPURT AROUND 3 WEEKS**  
Expect increased appetite, fussiness & clinginess

## RECOMMENDATIONS

- **GET BABY "FULL" AT EVERY FEED**  
Keep feeding on demand but be sure to try and get baby "full" - avoid snacking
  - wake sleepy feeders to keep feeding
  - if nursing, let baby finish one breast before switching
- **WAKE BABY TO FEED IN THE DAY**  
Once birth weight regained, let baby sleep past 3 hours at night, but continue to wake in day
- **FIGURE OUT YOUR BABY'S UNIQUE CUES**  
With baby more awake, learn those baby cues!
- **REVERSE ANY DAY NIGHT CONFUSION**  
Keep day feeds light & bright, night feeds dull & dark
- **AVOID OVERTIREDNESS**  
Watch awake times and sleepy cues
- **START A WIND-DOWN ROUTINE**  
Make sure it's calming, consistent, repeatable and short
- **LEARN SOME CALMING TECHNIQUES**  
Try the "jello head jiggle"!
- **NAVIGATING THE 3 WEEK GROWTH SPURT**  
Keep feeding on demand, be patient with your body, it'll take a while to respond