

A newborn baby is lying in a hospital bed, wrapped in a light blue blanket with a pattern of small, stylized faces. The baby is wearing a clear nasal cannula and a clear tube connected to their chest. A woman, likely the mother, is leaning over the baby, looking down at them. The baby is wrapped in a white blanket with colorful handprints. The background shows a hospital room with a patterned pillow and a green wall.

- ✓ Have at least eight feedings every 24 hours (*10 to 12 feedings are normal*).
- ✓ Wake your baby to feed if necessary, even at night.
- ✓ Don't let your baby sleep longer than 4 hours between feedings.
- ✓ Count the feedings from the beginning of one to the beginning of the next feeding.
- ✓ Listen for swallows. Ask your nurse what this sounds like.

[illegible]