



# Your Breastfeeding Journey: Cluster Feeding

It is common for babies to be fussy and want to eat more often. Using methods that sooth and reinforce a healthy breastfeeding relationship are keys to success.

## What Is Cluster Feeding?

Cluster feeding is when babies space feedings closer together at certain times of the day and then go longer between feedings at other times. This commonly occurs in the evening or night and often coincides with the baby's fussy time.

## How Do I Know if My Baby is Cluster Feeding?

- Your baby wants to feed again shortly after eating
- Your baby is particularly fussy
- Your baby wants on and off the breast frequently, and has trouble settling in for a feed
- Your baby only wants to be held
- Your baby has fed normally/frequently, and still seems upset or wants more
- Your baby is not in pain, but is still fussy or cranky



## What Can I Do to Help Soothe My Baby?

- Move around, try something different – wear your baby in a sling, go outside, move to a new room in the house
- Soothe with sound - sing, hum, talk, listen to music or use 'white noise'
- Use rhythmic motion - walk, sway, bounce, dance, swing or even try a car ride
- Soft touch - hold or bathe baby, try baby massage
- Create calming environment - dim lights, reduce noise, swaddle baby
- Vary nursing positions - try side lying, lying on your back to nurse with baby tummy to tummy, etc.
- Nurse in motion while rocking, swaying, walking, etc.
- Avoid trying to schedule feedings, even more so in the fussy evening hours
- Get support; a short break or someone to bring you a snack or drink goes a long way
- Try to breastfeed. You will not over feed your baby
- Obtain some colostrum, if you can, via hand expression and offer during feedings via syringe or paced bottle

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Every Step of the Way**

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