

TECHNIQUES ON WAKING A SLEEPING BABY

Infants that sleep a lot may need some stimulation to bring them to an appropriate arousal state to breastfeed

Try to wake baby during REM sleep. This lighter stage of sleep is recognized by fluttering eyelids, sleep grins, clenched fists, and limbs that are not limp. A baby in deep sleep is harder to rouse.

Prod baby a bit. Undress both of you from shoulder to waist, and place baby skin-to-skin against your tummy and breast, while you drape a towel or lightweight blanket over baby's exposed back and head. Your own body heat should keep him toasty (a mother's skin temperature automatically goes up a bit while breastfeeding) but not so toasty that he falls asleep. Most infants will start rooting within 20 minutes of skin-to-skin contact.



If that doesn't work, hold baby upright and talk to him to encourage him to open his eyes.

Instead of the usual flexed positions (which relaxes babies), straighten out his body and extend his arms - postures that perk up the brain.

Try baby PT: baby arm extension and flexion; baby bicycles; baby sit-ups.

Stroke the palms of his hands and soles of his feet to help him wake up.

Gently stroke upward along baby's spine.

Hand-express a few drops of colostrum. Allow him to smell, lick and taste to stimulate him to open his mouth. Talk him into continuing to nurse with

an encouraging voice while you feed. If he nods off, stroke his legs or pat his back.

Get in the habit of switching breasts as soon as baby begins to fade. Burp between breasts. This is called switch nursing.

Rub baby's face with a cool washcloth.

If baby drifts off after only a few minutes of sucking, take him off the breast and help him wake up again before latching him on to the other side. Wake him up several times if you have to, until he has nursed well for ten or fifteen minutes. When baby is done nursing, let him simply rest at your breast and lick your nipple, actions that get the milk-making hormones flowing.