

Key Indicators of Adequate Breastfeeding: 1.If any concerns about breastfeeding adequacy arise, consulting with a healthcare professional or lactation consultant is crucial for assessment and support.

Feeding Frequency and Duration:

- o Frequency: Newborns should breastfeed about 8–12 times in 24 hours, approximately every 2–3 hours.
- o Duration: Each feeding typically lasts 10–20 minutes per breast, although this can vary.

2.3.4.5.6.7