

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.