



DISCLAIMER ABOUT FEEDING

Should I feed my baby when he/she wakes during the night?

This is a common (and quite appropriate) question for parents to ask as they go through the sleep training process. As a sleep consultant, however, I cannot answer this question. Giving advice on feeding is considered medical advice, and sleep consultants are prohibited from providing any medical advice to parents. Any concerns about your baby's night feedings should always be directed to your child's pediatrician or healthcare provider. With that being said, a baby may wake during the night for any number of reasons; to eat, they may be wet and/or soiled, need to change sleep position, transition between sleep cycles, be too hot or cold, etc. So when your baby wakes in the middle of the night, it may not necessarily be because he is hungry and needs to eat. Your baby may simply be waking out of habit instead of hunger. If every time your baby wakes during the night, he is

offered a feed, then it becomes a habit, and he will continue to wake up for these comfort feeds because he knows that he will be provided food even though he may not need it. That is why it is important to consult with your pediatrician about night feeds for your baby based on age, weight, health history, etc. Based on research and Science, most babies are capable of sleeping through the night by 6 months of age, but I never offer advice to parents on an exact age as to when they should stop feeding their baby at night. I simply do not know the baby well enough. As a parent, if you're unsure whether your baby should be eating during the night, please discuss it with your pediatrician. He knows your baby best and can guide you accordingly. Ideally, it would make more sense to speak with your pediatrician and get their permission/approval before starting the sleep training process to ensure that your baby is healthy and ready to begin sleep training.