Management of the healthy term sleepy baby in the first 24–48 hours

Individualise the care of each mother and baby according to the clinical circumstances

Baby has not fed
- By 2 hours post birth or
- For 8 hours since last feed in first 24 hours of life or
- For 5 hours since last feed if more than 24 hours old

Review baby
- History
- Health records
- Output
- Clinical assessment (Temperature, heart rate, respiration and colour)

Review maternal history
- Medical, surgical, pregnancy and breastfeeding
- Substance use (prescribed, illicit)
- Intrapartum record (mode of birth, Apgars)
- Postpartum assessment (clinical pathway, feeding)

Assess baby

Concerns identified?
No

Implement waking strategies with mother

Waking strategies
- Initiate skin to skin contact
- Temporarily remove wraps
- Change nappy
- Gently massage arms, legs, back
- Observe for feeding cues

Attempt breastfeed

Breastfeed successful?
No

Give EBM

Baby took EBM?
No

EBM unavailable?
- Discuss options with mother, midwife and medical officer
- Develop feeding plan

Best practice
Provide EBM prior to any infant formula

Ongoing care
- Assess breastfeeding
- Initiate waking strategies as required
- Monitor output/feeding patterns
- Support mother to express as required
- Refer as clinically indicated
- Document progress

Review and consider
- Support for expressing
- Giving EBM
- Monitoring BGL
- Continuing waking strategies
- Developing/documenting a feeding plan
- Seeking expert advice (e.g. from lactation consultant)
- Medical review


EBM: expressed breast milk. BGL: blood glucose level