Growth Spurts & Breastfeeding

**What is a Growth Spurt?**

A growth spurt is period of time when your baby is growing at a faster rate, has a bigger appetite and may be fussier. A growth spurt usually lasts a few days. During this time your baby will want to breastfeed more often. Nursing for a few minutes each hour is normal during a growth spurt. By breastfeeding more often, your body will make more milk to meet your baby’s needs.

**Possible signs of a Growth Spurt**

<table>
<thead>
<tr>
<th>Baby might:</th>
<th>Mother might think:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Be fussy</td>
<td>Her breasts feel soft</td>
</tr>
<tr>
<td>Wants to nurse all the time</td>
<td>Her breasts feel “empty”</td>
</tr>
<tr>
<td>Wake more at night</td>
<td>Her let-down isn’t as strong</td>
</tr>
<tr>
<td>Be fussy during breastfeeding</td>
<td>She does not have enough milk</td>
</tr>
<tr>
<td>Be fussy after breastfeeding</td>
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<tr>
<td>Pull away from the breast</td>
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**Look for Growth Spurts at:**

- 7-10 days old
- 2-3 weeks old
- 6 weeks old
- 3 months old and every couple of months thereafter

**What You Can Do During A Growth Spurt:**

- Plan to breastfeed more often for a few days. Your milk supply will adjust.
- Do not be alarmed when your breasts feel soft and not as full. This is normal; you are still making milk! Keep breastfeeding.
- Avoid giving your baby formula. Giving formula may decrease your milk supply.
- Count wet and dirty diapers to assure that your baby is getting enough breastmilk.

<table>
<thead>
<tr>
<th>Infant’s Age</th>
<th>Daily Wet Diapers</th>
<th>Daily Dirty Diapers</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 days to 1 month old</td>
<td>6 or more</td>
<td>3 or more yellow, watery, seedy stools</td>
</tr>
<tr>
<td>1 - 4 months old</td>
<td>6 or more</td>
<td>1 every 3 days to 1 or more yellow, watery, seedy stools</td>
</tr>
<tr>
<td>4 - 6 months old</td>
<td>6 or more</td>
<td>1 yellow, watery, seedy stool</td>
</tr>
</tbody>
</table>

If you are concerned or have question, call us!
Breastfeeding Helpline: 888-278-6455