

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

Baby might:

- Be fussy
- Wants to nurse all the time
- Wake more at night
- Be fussy during breastfeeding
- Be fussy after breastfeeding
- Pull away from the breast

Mother might think:

- Her breasts feel soft
- Her breasts feel "empty"
- Her let-down isn't as strong
- She does not have enough milk

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.

Infant's Age	Daily <u>Wet</u> Diapers	Daily <u>Dirty</u> Diapers
7 days to 1 month old	6 or more	3 or more yellow, watery, seedy stools
1 - 4 months old	6 or more	1 every 3 days to 1 or more yellow, watery, seedy stools
4 - 6 months old	6 or more	1 yellow, watery, seedy stool

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



PHFE WIC Program

1-888-942-2229

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www.phfewic.org

www.WICOnlineEducation.org

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