

BREASTFED BABY'S MILESTONES

This chart is meant solely as a guideline. If you have any concerns about your child's growth and development, speak with your Health Care Provider.

AGE	NURSING FREQUENCY	STOOLING AND URINATION	BREASTFEEDING SKILLS	BREASTMILK COMPOSITION	PUMPING AND WEANING	OTHER
2-6 Weeks	<p>8-15 times for 15-45 minutes.</p> <p>With a growth spurt, you will notice baby feeding more frequently over 3-5 days.</p>	<p>Stooling and urination unchanged until around the fourth week when stooling frequency may begin to slow.</p>	<p>If not already nursing using the lying position, practice weekly until it feels comfortable. Laying the baby on a pillow and nursing with the upper breast may be easier.</p>	<p>Your milk provides all the nutrients and fluids needed for your baby for at least the first 6 months of life. For mom and baby to receive all the benefits of breast milk, baby must be fully nursed for a minimum of six months. The American Academy of Pediatrics recommends breastfeeding a minimum of 12 months and then as long as mutually desired.</p>	<p>After the fourth week, you may be able to start pumping and storing milk. Pump consistently after any feeding to make extra milk at that time for storage. Milk production is usually best in the morning. It will take a few days for your body to respond to the increased demand at the pumping time. The emptier your breasts are, the faster they produce milk.</p>	<p>Consider sleeping with your baby or getting a crib that attaches to your bed. Co-sleeping has been found to reduce the incidence of SIDS and also lessens mother's fatigue. If baby is in bed, you must have a firm mattress, both parents must know baby is in bed, and no mind altering drugs may be taken.</p>
6-12 Weeks	<p>8-12 times for 15-45 minutes</p> <p>Cluster feeding is a common phenomenon.</p>	<p>Baby should stool on the average once a day. Urination continues at 6-8 times per day.</p>	<p>Mom and baby now atuned to each other. Baby opens mouth wide to feed and will start to position himself correctly. Many moms are now able to decipher babies non-verbal cues which tell her baby is ready to feed.</p>	<p>Mature milk is 60% liquid protein. It has many hormones present which help the gut heal and mature. Only human milk contains the special fatty acids that have been connected with proper nerve, brain and eye development. It is these fatty acids that may be the basis for improved IQ in breastfed babies. The flavor or breastmilk changes with mother's diet.</p>	<p>Most babies have weaned from 8-15 feedings to 8-12 feedings. If returning to work, plan on pumping 2-3 times during a 8 hour shift until about 7 months of age to maintain milk production and to keep baby fully fed with breastmilk. Pumping 2-3 times a shift is especially important before and during the third month growth spurt. Do not wean over less than 3 weeks or you risk developing mastitis.</p>	<p>50% of 3 month old babies do not sleep through the night without feeding. Can partially roll over from side to back. Congratulations! You've made it through the hardest part of nursing; taking care of baby-including breastfeeding-should now be easier.</p>

KEEP YOUR BABY SAFE EVERYDAY - BREASTFEED!