

# 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
3-7 months	<p><b>6-8 feedings. Most feedings last 20 minutes or less.</b></p> <p>A baby is <b>Cluster feeding</b> when he requests several feedings close together usually at a certain time of day. <b>It is ALWAYS followed by a 3 hour sleep period.</b></p>	<p><b>Infrequent stooling is normal as long as</b> baby has adequate weight gain, clear colored urine and is comfortable.)</p>	<p>Baby will start to sit up to nurse on mom's lap. Much easier to latch on because baby's mouth is much larger. Baby may get distracted and pull off to look around. baby may stare adoringly into mother's eyes.</p>	<p>By the third month, you are now making one liter of milk which has 35 grams of fat and 900 calories. In the third month your body now becomes more efficient at making milk and so your breasts may not feel as full and leak as much. Sometimes mom may feel her milk supply is a little low. If this happens to you, go to bed with baby, nurse more frequently and within a few days your supply should start increasing. Eat and drink well. Some moms notice a cyclic decrease in milk once menstrual cycles resume. If you keep nursing, the supply will bounce back once your period ends.</p>	<p>Baby may now have weaned from <b>8-12</b> feedings to <b>6-8</b> feedings which are usually shorter. If you can't pump, the next best option would be to <b>partially wean</b>. <b>Partially weaning</b> means that you nurse the baby as well as use artificial baby milk. It may mean that you nurse the baby as much as possible when you are together or as little as twice a day. The more breastmilk you can give the baby, the better. Infant initiated weaning rarely occurs before 12 months. If baby refuses the breast, suspect a <b>nursing strike</b> (See handout "On Weaning")</p>	<p>Baby is usually now in a routine with two naps during the day and sleeping much of the night. Will start to roll over, sit up, grab objects and babble. Many mothers find that their child becomes ill for the first time after introducing solid foods.</p>

***IMMUNIZE YOUR BABY EVERYDAY - BREASTFEED!***