

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 |
|-------------|--|--|--|--|--|--|
| 7-9 Months | <p>4-6 feedings per day and as needed.</p> <p>Nursing length varies. Frequency varies with teething, illness and each infant's individual need to suck.</p> | <p>Stools may now begin to have an odor with introduction of solids. They may also become more formed.</p> | <p>Mother and child are now expert at breastfeeding and it becomes second nature. Breastfeeding becomes more interactive between mother and child. Child may now begin to play with mom while nursing.</p> | <p>Mom's mature milk antibodies level change in response to your baby's environment. Mom's body is better able to do this if most of the feedings are actually on the breast. This occurs throughout breastfeeding. Breastmilk has been called "white blood" and with over 20,000 WBC's per tsp, rightly so! <i>Every drop of breastmilk has value.</i></p> | <p>Congratulations! You've optimally protected your baby against chronic disease. Continue to nurse and provide your baby with the antibodies to protect against infectious diseases. Many babies have now weaned from 6-8 feedings to 4-6. Many moms can still provide all the breastmilk baby needs and eliminate one, two or maybe all pumpings during their 8 hour shift. Simply nurse baby on demand when at home and offer water in a cup during the day.</p> | <p>Teeth may appear. If baby inadvertently bites down, end the feeding. They usually learn very quickly not to bite. Many babies nurse more frequently while teething because it makes them feel better. Most babies are sleeping through the night up to 12 hours. Teething may begin disrupting sleep. Baby learns to crawl.</p> |
| 9-12 Months | <p>2-6+ feedings.</p> <p>Many children will drop to 2-3 feedings. Others will persist at 4-6.</p> | <p>Urinate less frequently, but larger amounts. Urine should remain clear or very light yellow.</p> | <p>Baby now crawls over to mom when wanting to nurse. There's no better way to soothe an ill, teething or fussy child than by breastfeeding.</p> | <p><i>If milk supply is low</i>, rest with baby and nurse more frequently and it will usually increase within a few days. No matter how low your supply is, keep feeding as long as you and baby are enjoying breastfeeding.</p> | <p>Baby may now have weaned to as little as 2 feedings per day, usually the morning and evening feedings. Mom now has more freedom and yet is still able to enjoy the closeness that only breastfeeding can bring.</p> | <p>Illness may temporarily increase feeding frequency. Baby stands with support and may start walking. Baby may say "mama," "dadda," wave bye-bye and understand the word "no".</p> |