

# BREASTFED BABY'S MILESTONES

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This table is only a guideline. Every child is different and may progress at a different pace.  
Talk with your healthcare provider if you are concerned.

AGE	NURSING FREQUENCY	STOOLING AND URINATING	FEEDING, WEANING & PUMPING	SLEEP SCHEDULE	MOTOR/ VERBAL SKILLS
Birth	<b>IMMEDIATELY!</b> Baby should be placed after birth on mom's abdomen and allowed to self attach. Baby should not be removed until first nursing is completed.	MAY STOOL BEFORE BIRTH. MAY URINATE AT BIRTH.	<b>UMBILICAL CORD CUT, HAS FIRST FEEDING.</b>	Alert at birth unless medicated with labor meds. Most babies have 90 minute sleep periods or cycles.	Uses the stepping/crawling reflex to self attach to breast at birth.
Day 1	<b>8-30</b> FEED ON DEMAND.	<b>1 OR MORE</b> OF EACH WITHIN 24 HOURS OF BIRTH.	<b>Baby now has many interrupted feedings.</b> Feed on Demand so your body can learn to make milk to meet babies increasing needs. Newborn's stomach empties in as little as 45 minutes.	<b>Some new Babies are awake all night and sleep all day, others may be so sleepy at first that they need to be awakened for feedings.</b>	1) <b>CRIES TO COMMUNICATE.</b> 2) <b>USES REFLEXES.</b>
Day 2-5	<b>8-15</b> Colostrum changing to more mature milk and breasts become fuller. Milk comes in.	<b>2 OR MORE</b> Meconium stools per day until milk comes in. <b>2 or more</b> wet diapers on DAY 2 and 3 or more on DAY 3 and 4 or more on DAY 4 and 5 or more on DAY 5.	FEEDING FREQUENCY increases and decreases with growth spurts. <b>GROWTH SPURTS</b> last from 3-5 days. They occur 2-3 times in the first 6 weeks of life and again around the 3rd and 5th months.	SLEEPING IN THE SAME ROOM WITH YOUR INFANT IS ENCOURAGED	<b>Watch for early signs of hunger!</b> Mother and child are learning how to nurse. Work at getting baby's mouth to open wide in order to receive the nipple and at least an inch of the areola.
Day 3-Week 6	<b>8-15</b> Frequency increases with growth spurts.	<b>ONCE MILK IS IN, 3-6 YELLOW STOOLS 6-8 WET CLEAR COLORED DIAPERS.</b>	IF NURSING IS GOING WELL, the bottle/pacifier may be introduced after the <b>THIRD WEEK.</b> Wait until the third week to begin pumping for storage or so mom may be absent for a feeding.	BY THE END OF THE MONTH MOST BABIES HAVE SORTED OUT THEIR DAYS AND NIGHTS.	More alert. May smile and coo. Can lift head.
4-12 Weeks	<b>8-12</b> <b>Another growth spurt around 3rd month.</b>	<b>1-6 STOOLS MAY SLOW TO ONE PER DAY AFTER THE FOURTH WEEK. 6-8 WET DIAPERS.</b>	Mom may want to pump and store before returning to work. To maintain full supply mom needs to pump <b>2-3 times a day</b> , if working full-time. CLUSTER FEEDING is normal and should be encouraged.	By the <i>twelfth week</i> baby usually in some sort of sleep routine with a bedtime and 2-3 naps, but most babies unable to sleep through the night.	May roll over. Smiles. Reflexes fade. Baby begins to help with latching on.
3-6 Months	<b>6-8 +</b> Feeding time shortens as baby becomes more efficient.	Stooling may be as little as <b>ONCE A WEEK</b> as long as baby is comfortable, gaining weight and continues to have several wet clear colored diapers.	Solids introduced around the <i>sixth month</i> . May be able to pump <b>once a day</b> at work after solids introduced. <b>If baby nursed exclusively for 6 months they are considered protected for all chronic diseases.</b>	A few may sleep a 6 hour <i>stretch</i> around the <i>third month</i> . Many can sleep longer by the end of the <i>6th month</i> .	Sitting and babbling. Reaching and grabbing. Baby plays with mom while nursing. Baby latches on easily and opens mouth wide to nurse. Hands no longer get in the way.
7-9 Months	<b>4-6+</b> Varies with illness teething and child personality.	STOOLS BECOME MORE FORMED AND DEVELOP AN ODOR. URINATING LARGER AMOUNTS LESS FREQUENTLY.	Many moms able to stop pumping at work. Introduce cup. The amount of milk you produce no longer matters. Continue nursing as long as you and baby are enjoying it.	Usually has a set nap time and bedtime. Sleep cycles begin to lengthen.	Begins to crawl. Laughs. May clap hands. Will crawl over to mom to nurse. Baby becoming more independent.
9-12 Months	<b>2-4+</b> Varies with illness teething and child personality.	Changing the diaper is an opportunity for the baby to play, some may need a toy to distract them when being changed.	<b>AAP recommends breastfeeding a minimum of one year</b> It becomes rarely necessary to burp.	Teething and illness may disrupt nighttime sleep.	Begins to use words and stands. Laughs with joy when mom understands baby's desire to nurse.
1-2 Years	<b>1-2+</b> Varies with illness teething and child personality.	Baby becomes aware of bodily functions.	Begin teaching baby breastfeeding manners as well as table manners. Rarely necessary to pump unless there is a prolonged separation.	Sleep cycles may lengthen to 120 minutes around <i>eighteen months</i> .	Walks and talks. May ask to nurse by sitting in a special nursing chair. Infant's immune system effectiveness is only 60% of an adults.
2 Years & Up	May be as little as <b>3</b> times a week or <b>1</b> time a month.	Potty training occurs.	<b>UNICEF and WHO recommend nursing 2 years and beyond.</b>	<b>May give up nap.</b>	Immune system mature at age 5. May ask to nurse with a special word.