



# What Is “Normal” When Nursing?



	Week 1	Weeks 2-6	Weeks 6-12	4-6 months	7-12 months
<b>Feedings: How often?</b>	8-12 feeds each 24 hours 1½ -2½ hours apart	8-12 feeds each 24 hours 1½ - 3 hours apart	7-10 feeds each 24 hours 2-4 hours apart Longer stretch between feeds at night	6-8 feeds each 24 hours 2-4 hours apart Schedule changes. May nurse more in evening, sleep longer at night	4-7 feeds each 24 hours Teething stage Start solids and cup training
<b>How long?</b>	5-30 minutes each side May nurse one or both sides Encourage both	10 -40 minutes each feed May nurse one or both sides Encourage both	10-40 minutes each feed  May nurse on one or both sides	Varies  May get distracted and “snack nurse”	May decrease feeds with addition of solids. Some feeds may be very short.
<b>Normal Baby Behavior</b>	1-2 fussy bouts during day. Wake up 3-4 times a night. Rest/sleep when baby sleeps. For comfort: Skin-to-skin, swaddling, shushing, gentle jiggling, Place on side/belly when fussy. On back for sleeping.	1-2 fussy bouts during day. Wake up 3-4 times a night. Rest/sleep when baby sleeps. For comfort: Skin-to-skin, swaddling, shushing, gentle jiggling, Place on side/belly when fussy. On back for sleeping.	1-2 fussy bouts during day Wake up 2-3 times at night.  Schedule a little more predictable. Sleeps longer at night.	1-2 fussy bouts during day Wake up 1-2 times a night  Less fussy - may sleep all night!	1-2 fussy bouts during day Wake up once a night  May sleep through the night!
<b>Dirty diapers  Yellow poops = enough milk</b>	Day 1-2: Black/green Day 3-5: Start getting lighter  Minimum of 2-4 per 24 hours	Loose and yellow Minimum of 2-4 per 24 hours  May dirty a diaper at each feed	Loose and yellow Minimum of 2-4 per 24 hours Less diapers by 6 weeks Older babies may dirty 1-2 each week	Each baby is different  1-2 each day to 1-2 each week is normal	1-2 each day to 1-2 each week is normal  Color, consistency and smell change when solids added
<b>Baby weight gain pattern</b>	Lose up to 8% birth weight  Some weight gain by day 7	Week: 2: Back to birth weight 3-4: 7 or more oz. each week 5-6: 5 or more oz. each week	5 or more oz. each week 1¼ pounds or more each month	3 or more oz. each week ¾ pound or more each month	2 or more oz. each week ½ pound or more each month
<b>Growth spurts*</b>	Between day 7-10 Baby nurses more often	3 weeks and 6 weeks Baby nurses more often	3 months Baby nurses more often	6 months Baby nurses more often	9 and 12 months Baby will eat more solid foods
<b>Remember: Each baby is different! There is a wide range of “normal.” Growth rate, suck needs and baby’s personal “eating style” will vary.</b>					
<b>Breast Changes</b>	Colostrum day 1-5, breasts are soft. More milk day 3-6, breasts may feel full, swollen and leak	Breasts softer by day 10 This is normal Less to no leaking	Breast size may decrease at 2 months Leaking stops	Plugged ducts common when baby starts to sleep all night or when solids started	Breast size may continue to decrease

\*During growth spurts, babies get very fussy and feed more often. It usually lasts a few days. Nurse on demand. Your milk supply naturally adjusts to baby.