What is “Normal” When Nursing?

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Weeks 2-6</th>
<th>Weeks 6-12</th>
<th>4-6 months</th>
<th>7-12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Feedings:</strong></td>
<td><strong>How often?</strong></td>
<td>8-12 feeds each 24 hours</td>
<td>7-10 feeds each 24 hours</td>
<td>6-8 feeds each 24 hours</td>
</tr>
<tr>
<td><strong>How long?</strong></td>
<td>1½ - 2½ hours apart</td>
<td>1 ½ - 3 hours apart</td>
<td>2-4 hours apart</td>
<td>2-4 hours apart</td>
</tr>
<tr>
<td></td>
<td>5-30 minutes each side</td>
<td>10-40 minutes each feed</td>
<td>Longer stretch between feeds at night</td>
<td>Schedule changes. May nurse more in evening, sleep longer at night</td>
</tr>
<tr>
<td></td>
<td>May nurse one or both sides</td>
<td>May nurse on one or both sides</td>
<td>May get distracted and “snack nurse”</td>
<td>May decrease feeds with addition of solids. Some feeds may be very short.</td>
</tr>
<tr>
<td></td>
<td>Offer both sides</td>
<td>Offer both sides</td>
<td></td>
<td></td>
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</tbody>
</table>

**Normal Baby Behavior**

1-2 fussy bouts during day. Wakes 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.

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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. Wakes up once a night. May sleep through the night!

**Dirty diapers**

**Yellow poops = enough milk**

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 Fewer 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 solid foods added

**Baby weight gain pattern**

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

**Growth Spurts***

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

**Breast Changes**

Colostrum day 1-5, breasts are soft. More milk days 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.

For more information, visit the Breastfeeding Coalition of Delaware at [www.delawarebreastfeeding.org](http://www.delawarebreastfeeding.org)

Content courtesy of Pennsylvania Department of Health Breastfeeding Awareness and Support Program