

# What is “Normal” When Nursing?

	Week 1	Weeks 2-6	Weeks 6-12	4-6 months	7-12 months
<b>Feedings: How often? How long?</b>	8-12 feeds each 24 hours 1½ -2½ hours apart 5-30 minutes each side May nurse one or both sides Offer both sides	8-12 feeds each 24 hours 1½ - 3 hours apart 10-40 minutes each feed May nurse one or both sides Offer both sides	7-10 feeds each 24 hours 2-4 hours apart Longer stretch between feeds at night 10-40 minutes each feed May nurse on one or both sides	6-8 feeds each 24 hours 2-4 hours apart Schedule changes. May nurse more in evening, sleep longer at night Length of time varies May get distracted and “snack nurse”	4-7 feeds each 24 hours Teething stage Start solids and cup training May decrease feeds with addition of solids. Some feeds may be very short.
<b>Normal Baby Behavior</b>	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.	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 Wakes 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!
<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 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
<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 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)  
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