3 months Your Breastfed Baby

Week 6

Getting in to a routine!

- You may notice that one breast produces more milk or your baby has a preference for one side.
- Leaking has likely slowed down or stopped as your body has adjusted to breastfeeding.
- You may not feel your letdown reflex or it may not be as strong so watch your baby's suck pattern. You should hear your baby swallowing after every suck when your milk lets down.
- If you need to start expressing milk to return to work or school, now is a good time to start. Please talk with one of our Certified Lactation Counselors if you need a breastpump.
- Exclusively breastfeeding has helped your baby's immune system develop, making it less likely for them to get sick or be hospitalized. Your baby is now at a lower risk of developing chest infections before age 7 years.

2 Months

Your baby is an efficient nurser!

- Your baby will start to spend less time at each nursing session because they are better nursers!
- It's not uncommon for babies to start nursing from only one side per feeding, but always offer the second side in case your baby wants or needs it.
- Most babies whether breastfed or using formula, will still need to eat at least 1 to 2 times during the night.
- Babies may not nurse as frequently since they are more efficient at nursing. They still need to nurse a minimum of 8 times in 24 hours.
- This is generally when babies get their first vaccines. Breastfeeding helps their bodies to respond well to the vaccines and nursing while your baby gets their first shots can help them manage their pain.

HEALTHY GALLATIN

Montana WIC

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Three Months

Another growth spurt!

- It's tempting to offer formula or solids when your baby goes through a growth spurt but this will not help your baby grow or your milk supply, it will only slow down their digestive system so they miss those important hunger cues.
- Nurse your baby frequently through these growth spurts which only last 2 to 3 days. Even when not going through a growth spurt, babies should nurse at least every 4 hours during the day.
- Your baby will need less burping now that they know how to do it on their own.
- Breastfeeding uses up your fat stores and exclusively breastfeeding moms often see the highest weight loss between 3 and 6 months postpartum. Following the My Plate guidelines and getting regular exercise can help you lose the most baby weight now.
- Exclusively breastfeeding your baby for 3 months has given your baby a 27% reduction in the risk of developing asthma and a 40% reduction if you or the baby's father has a family history of asthma. You have also reduced your baby's chances of developing Type 1 Diabetes by 19% to 27%.

Importance of Delaying Solids

Protecting your babies digestive system!

- Breastmilk meets all your babies dietary needs for the first 6 months of their life.
- Babies, regardless of size, do not need infant cereal and their digestive system may not be ready to tolerate it.
- By delaying solids, you are helping to protect your baby from food allergies.
- Cereal will not help your baby sleep through the night. It will slow down their digestive system temporarily and may cause choking.
- Adding cereal to a bottle puts your baby at risk for choking and inhaling the cereal in to their lungs that could cause pneumonia.
- Talk to your doctor before starting any solids.