First 6 Weeks
Your Breastfed Baby

Week 1
Mature milk comes in!

- Your milk supply becomes established over the first week.
- Your baby will gain 6 to 8 ounces per week in the first month.
- Your breasts may feel full, and may leak frequently.
- All babies are often fussy whether breastfed or formula fed. Babies can even be fussy at the breast or seem unsatisfied, which is common in the evening and may have nothing to do with being hungry.
- Breastmilk will transition to mature milk over this week, which is 90% water and 10% carbohydrates, proteins, and fats necessary for your baby to grow.
- As your milk comes in, your baby will have more wet and dirty diapers.

Week 2
First growth spurt!

- Most babies will have regained their birth weight by Week 2 but it can take as long as 3 weeks if there are breastfeeding complications.
- Newborn babies breastfeed frequently, usually 10 to 12 times in 24 hours.
- Babies will have their first growth spurt and will "cluster" feed during this time to increase supply.
- Remember, growth spurts are common and generally only last 2 to 3 days but can last up to a week.

Week 3
Latching starts to improve!

- Babies neck control improves as they grow stronger.
- Often times, latching becomes easier but seek help if you continue to have pain or soreness.
- Practice the lying down breastfeeding positions, both can make night time feeding easier.

HEALTHY GALLATIN

Montana WIC

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One Month

Weight gain begins to slow down!

- Babies gain an average of 1 to 2 pounds and grow about an inch per month now until 6 months old.
- Babies will start to have less dirty diapers but will still continue to have plenty of wet diapers. This is a good indication of how much your baby is eating.
- Exclusively breastfeeding your baby for one month has protected their digestive system, kick started their immune system, has decreased their chances of having food allergies until they are 3 years old, and helped protect them against respiratory allergies until they are 17 years old.

Week 6

Second growth spurt!

- As with the first growth spurts, your baby may increase cluster feeding to stimulate milk supply, but this should only last 2 to 3 days.
- Your breasts will stop feeling so hard and full, this is a good sign and means your body is getting used to how much milk is needed to feed your baby! Also breasts that get emptied at a feeding, produce more; so keep nursing!
- Remember, according to Dr. Spock, your baby can still get 6 ounces or more from a breast that does not seem full to you.
- Introducing even one bottle of formula can change the balance in your baby's digestive system and begin to decrease your milk supply.
- This is often the time when mothers start to say this is how they imagined breastfeeding would be.
- If you are going back to work soon, please call us to talk about your pumping needs and to prepare for returning to work or school, whether full time or part time we can help.
- Call our 24 hour hotline at 539-1741, if you have any questions or concerns about your milk supply.