



Growth Spurts

Is your baby suddenly:

- ✓ Nursing more often or even non-stop?
- ✓ Seeming fussy, hungry or unsatisfied even after a good feed?
- ✓ Waking more frequently at night to feed?
- ✓ Fussing at the breast, often unlatching and pulling off?
- ✓ Acting like a totally different baby?

Provided your baby is still having appropriate stools & voids, your baby is most likely having a perfectly normal growth spurt.

What is a growth spurt?

As your baby grows and matures, the volume and consistency of the milk she needs changes. By dramatically ramping up the amount she nurses, she communicates her new needs to your body and therefore gets your body to change the milk it is producing and increase your supply. Once your supply has adjusted, her feeds will space back out to a more normal schedule.

When do babies have growth spurts?

Common times for growth spurts are around 2-3 weeks, 4-6 weeks, 3 months, 4 months, 6 months and 9 months.

How long do growth spurts last?

Growth spurts usually last 2-3 days if the baby has unrestricted access to the breast, but can also last up to a week.

What should I do?

Simplify your life, cancel your plans, and get into bed with the baby & feed as much as you can. The more your baby feeds, the sooner the growth spurt will be over and your life can go back to normal. Thinking their babies are hungry, many mothers are tempted to supplement the baby during a growth spurt. It is true that the baby is hungry, but it is no more than she can handle, and it is important not to interfere with the supply and demand system. The baby's hunger is what drives her to hyperstimulate your breasts, which results in the increase in milk she needs. If you supplement, you will delay this process and lengthen the time it takes for the growth spurt to pass.