



Breastfeeding Newsletter

APRIL 30, 2014

VOLUME 3, NUMBER 2

Breast milk is comprised of living cells that support development in the most effective way!

Growth Spurts

By Leah Diffey, Breastfeeding Peer Counselor

A growth spurt, also known as a “developmental spurt” or “frequency days” is a time when a baby or older child goes through a phase in his or her development where he or she has additional nutritional, physical, and emotional needs.

I often have moms contact me during these times because their baby is fussy and they are worried that there is not enough milk. I also experienced these same emotions and concerns when my child experienced growth spurts early in her life. As parents we want to make sure our children have plenty of nutrition, but during these spurts we may feel confused and frustrated on how to make our children happy and content. The following information can help parents better understand what happens during these spurts and how to handle them.

Key Characteristics of a Baby during a Spurt:

- More frequent wet and dirty diapers
- Growth in size, length, skills and abilities but not necessarily in weight
- Needs very frequent feeds
- Needs to be held and cuddled
- Last a few days
- Can occur at 3-10 days; 3-6 weeks; 2-4 months; 6 & 9 months
- Wakes often for reassurance
- General changes in sleep patterns

Moms May Feel:

- Like there is not enough milk
- Very tired and exhausted
- Hungry and thirsty

****Moms should listen to their bodies! Get sufficient rest, drink plenty of water, and keep healthy snacks available.****

*Breast Milk is the **best** thing for a growing baby.*

The nursing mother provides everything the baby needs in the first 6 months!

During these changes the baby demands more so he or she should be breastfed every 1-2 hours during the day or 3-4 hours at night, and more often if needed. Follow baby's lead. Regular skin-to-skin contact is recommended. This will encourage supply and cause the body to keep up with the baby's needs. It **will** keep up!

Don't Worry....these growth spurts last for a few days, then things will get back to "normal." Breast milk is the best thing for a growing baby, it's living cells support development in the most effective way.

Continue breastfeeding and know that your growing baby is getting exactly what he or she needs!

Pike County Health Department, Home Health & Hospice, 1 Health Care Place, Bowling Green, MO 63334. Phone: (573)324-6373, Fax: (573) 324-3057.

This institution is an equal opportunity provider.

