



## FIRST MONTHS OF BREASTFEEDING

### BREASTFEEDING CONTINUES!

#### WEEKS TWO TO FOUR

Breastfeeding gets easier as you and your baby learn. Your breasts will feel softer, but you are still making all the milk she needs.

As your baby grows and changes there will be times when she wants to eat more often for a day or two. This is normal and is not a sign you do not have enough breastmilk. Often it is a time when she is growing faster.

At 2 to 4 weeks of age, babies continue to eat throughout the day and night. Your baby needs to continue to nurse frequently for good weight gain and for you to build an abundant milk supply.

Keep taking your prenatal vitamin or multi-vitamin.

Frequent poops and 6-8 wet diapers a day are normal.

If you are concerned about weight gain, call WIC and ask about bringing your baby in for a weight check.

Do you need more information? Ask WIC about:

- Returning to work
- Pumping
- Milk supply
- Vitamin D recommendations
- Nutrition for you
- Any questions you have

#### CLUSTER FEEDING

Many babies are fussy in the evening and may want many small feedings close together. This is called cluster feeding and is a very normal pattern. Cluster feeding prepares your baby to sleep longer at night.



## MONTHS TWO AND THREE

Your baby may be starting to settle in to a more regular routine and breastfeeding may be getting easier. You and your baby are learning together. Breastmilk is still all your baby needs for good growth and development.

Your breasts may not leak as much and may feel soft most of the time as they adjust to feedings. Do not worry — your breasts are never empty and your body will continue to make milk as your baby feeds.

As your baby gets older, wet diapers will increase and the number of poops may decrease, sometimes to once a day or even once a week.

Your baby may be sleeping more at night; however, most babies will not be sleeping through the night. You may notice signs that she is starting to get teeth, such as drooling or chewing on her hand. This is normal and should not affect breastfeeding.



## GETTING OUT AND ABOUT

Getting out is easy with a breastfed baby. All you need is a diaper and maybe an extra outfit for her. Keep in mind that Minnesota law gives moms the right to breastfeed anywhere in public.

Call WIC, your lactation consultant or health care provider if you have any questions or concerns about breastfeeding.

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