

Breastfeeding Milestones



| Age | Nursing Frequency | Stooling & Urination | Feeding, Weaning, & Pumping | Sleep Schedule | Motor/Verbal Skills |
|---------------|---|---|---|--|---|
| Birth | Immediately after birth baby should be placed on mom's abdomen and allow to self-attach | May stool before birth. May urinate at birth. | Feedings may be short and frequent. | Alert at birth, unless medicated with labor meds. Most newborns have 90-minute sleep cycles. | Uses the stepping/crawling reflex to self-attach to the breast at birth. |
| Day 1 | 8-30 Feedings on demand | 1 or more of each within 24 hours of birth. | Baby will need many uninterrupted feedings. Newborn bellies empty in about 45 minutes. | Babies may sleep all day, and be awake all night. Some may be too sleepy and need to be awakened for feedings. | Cries to communicate. |
| Days 2-5 | 8-15 Feedings per day Colostrum changing to more mature milk. | 2 or more black stools per day. 2 or more wet diapers on Day 2, 3 on Day 3, and 4 on Day 4. | Feeding frequency increases and decreases with growth spurts. | Sleeping in the same room with your infant is encouraged. | Watch for early signs of hunger. Mother and baby are still learning to nurse. |
| Days 6-week 6 | 8-12 Feedings per day. Frequency increases with growth spurt | 3-6 yellow stools per day. Stools may slow to one per day after the 4th week 6-8 wet diapers per day | If nursing is going well bottles or pacifiers can be introduced after the 3rd week. | By the end of the first month most babies have sorted out their days and nights. | More alert. May smile and coo. Can lift head. |

