

Breastfeeding Milestones



Age	Nursing Frequency	Stooling & Urination	Feeding, Weaning, Sleep Schedule & Pumping	Motor/Verbal Skills	
Week 7-12	8-12 Feedings per day. Another growth spurt around 3rd month.	1-6 Stools. 6-8 wet diapers.	Mom may want to pump and store before returning to work.	By the 12th week baby usually is in some sleep routine. Most babies are unable to sleep through the night.	May roll over, smile. May latch on its own.
Months 3-6	6-8 + Feedings per day. Feeding time shortens as baby becomes more efficient.	Stools may be as little as once a week .	Solids should be introduced around 6 months. May be able to pump once a day at work after solids are offered.	Some babies may sleep a 6 hour stretch around the 3rd month. May sleep longer by the end of the 6th month.	Sitting, babbling, reaching, grabbing. Baby plays with mom while nursing.
Months 7-9	4-6 + Feeding per day. Varies with illness, teething, and child's personality.	Stools become more formed and develop an odor. Urinating larger amounts less often.	Many moms able to stop pumping at work. Introduce a cup. Continue nursing as long as desired.	Usually has a set nap and bed time. Sleep cycles begins to lengthen.	Begins to crawl, laughs, claps hands. Will crawl to mom to nurse. Becomes more independent.
Months 10-12	2-4 + Feedings per day. Varies with illness, teething, and child's personality.	Changing diapers is an opportunity for baby to play. Some may need a toy to distract them when being changed.	AAP recommends breastfeeding a minimum of one year. Breastfeeding is encouraged for 2 years or until desired age.	Teething and illness may disrupt sleep time.	Begins to use words and stands. Laughs with joy when mom understands baby's desires to nurse.

