



## THE FIRST MONTHS

### WEEKS TWO TO FOUR

Breast/chestfeeding gets easier as you and your baby learn. Your breast/chest will feel softer, but you are still making all the milk your baby needs.

As your baby grows and changes, there will be times when they want to eat more often for a day or two. This is normal and is not a sign you do not have enough milk. Often, it is a time when your baby 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.

Take a 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 breast/chestfeeding may be getting easier. You and your baby are learning together. Your milk is still all your baby needs for good growth and development.

You may not leak as much, and your chest may feel soft most of the time as you adjust to feedings. Do not worry - 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 your baby is starting to get teeth, such as drooling or chewing on their hand. This is normal and should not affect feeding.



## GETTING OUT AND ABOUT

Getting out is easy with a breast/chestfed baby. All you need is a diaper and maybe an extra outfit. Keep in mind that Minnesota law gives parents the right to breast/chestfeed anywhere in public.

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

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by clicking the links:**

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