



Western Upper Peninsula Health Department **BREASTFEEDING**



UNDERSTANDING INFANTS GROWTH SPURTS

Growth spurts bring big changes in small bursts—here's how to recognize them and respond with confidence.

Growth spurts are a completely normal (and sometimes challenging) part of your baby's development—especially during the breastfeeding journey. One of the most common concerns during breastfeeding is, "Am I making enough milk?" This worry often comes up when a baby suddenly starts feeding more frequently or seems harder to satisfy. While it may feel like something is wrong, this is often a sign of a growth spurt—an important and completely normal phase of development. Let's break down what's happening and how to navigate it with confidence.

What Is a Growth Spurt?

A growth spurt is a short period when your baby grows rapidly in size, brain development, or both. During these times, babies need more energy—which means they'll want to breastfeed more often. They may suddenly seem extra hungry, fussy, or glued to your chest.

Common growth spurts tend to occur around:

- 2–3 weeks
- 6 weeks
- 3 months
- 6 months



*Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person
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When your baby is going through a growth spurt, you may notice:

- Increased hunger (wanting to nurse more frequently)
- Cluster feeding (feeding multiple times close together)
- Fussiness or irritability
- Changes in sleep patterns (more or less sleep)
- Wanting extra comfort and closeness

This phase can feel intense, but it's temporary.

Why Breastfeeding Feels Constant During This Time

Frequent nursing during a growth spurt isn't a sign that your milk supply is low—it's actually your baby's way of increasing your supply. Breastfeeding works on a supply-and-demand system:

- The more your baby nurses, the more milk your body produces
- Growth spurts help "program" your supply to meet your baby's new needs

Tips to Get Through a Growth Spurt

1. Follow Your Baby's Lead

Feed on demand. There's no need to stick to a strict schedule during this time.

2. Stay Hydrated and Nourished

Your body is working hard—keep snacks and water nearby.

3. Rest When You Can

Growth spurts can be exhausting. Try to rest during naps or slow moments.

4. Get Comfortable

Set up a cozy nursing station with pillows, snacks, water, and entertainment.

5. Ask for Support

Whether it's help with meals, older kids, or just emotional support—don't hesitate to lean on others.

How Long Do Growth Spurts Last?

Most growth spurts last anywhere from 2 to 5 days. While it might feel never-ending in the moment, things usually settle back into a more predictable rhythm quickly.

When to Reach Out for Help

While growth spurts are normal, consider reaching out to your local breastfeeding peer counselor, lactation consultant, or healthcare provider if:

- Your baby isn't having enough wet/dirty diapers
- You're experiencing ongoing pain with feeding
- You're concerned about weight gain
- Feeding feels consistently overwhelming or unmanageable

Growth spurts can be demanding, but they're also a sign your baby is **thriving**. Your body is designed to respond to your baby's needs—even when it feels like a lot.

You're doing an incredible job. Take it one feeding at a time. You've got this—and you're not alone on this journey!

**You don't have to navigate breastfeeding alone. Need guidance, reassurance, or just someone to talk to? Your breastfeeding peer is here—don't hesitate to reach out.
Call or text 906-281-4458 to get connected.**

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