

Normal Growth Patterns

Babies grow a lot in the first year of life. Your baby will triple their body weight by the time they are 12 months old. Breastfeeding moms may wonder if their baby is getting enough to eat because they cannot actually see milk going into their baby's mouth. One of the best ways to know that [your baby is getting enough](#) is by the number of wet and poopy diapers and their weight gain.

Wet Diapers

- You can expect to see one wet diaper and one poopy diaper in the first 24 hours of life.
- Then, you can expect another wet diaper for every 24 hours of life until day 5 to 7.
- By day 5 to 7, your baby should have about 6 to 8 very wet diapers every 24 hours.

Poopy Diapers

- Your baby will have a meconium diaper (black sticky poop) for the first two days and it will change to yellow seedy poop by day 5.
- It is normal for a baby to poop every time they breastfeed, but not all babies do this.
- The number of yellow poopy diapers may be different for each baby because it depends on how they are eating.

Be Aware of Growth Spurts

- During a growth spurt, your baby grows faster than usual and may suddenly eat more often. It is common for a mother to question her milk supply during a growth spurt.
- During this time, your baby will often show signs of hunger, like every hour or more. You may feel like you are not making enough milk or that your baby is not getting all he needs. You may think that you need to give formula or solid foods (supplement) or that it is time to stop breastfeeding. Be patient with yourself and your baby.

Growth Spurts

A lot of growth happens in short quick bursts that can happen any time, but usually happen at...

3 weeks

6 weeks

8 weeks

3 months

6 months

- Growth spurts only last 2 to 3 days. It is nature's way of increasing your milk supply for the future. Contact a lactation consultant if the growth spurt is lasting longer, as this may be a sign that your baby is having trouble **getting milk from your breast**.
- Your **milk production** depends on several things, including how often your baby breastfeeds. The more often your baby breastfeeds well, the more milk you will make.
- Giving formula or solid foods to your baby during a growth spurt may affect your milk supply in the future. Before supplementing, speak to a lactation consultant, your WIC counselor, or call the **24-Hour Breastfeeding Hotline 1-800-833-4642**.

[Also available in Spanish.](#)

Arizona WIC | 24-Hour Breastfeeding Hotline 1-800-833-4642

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Infant Growth and Behavior Patterns

Quick Guide

	Feedings	Diapers	Weight
Happy Birthday	Alert after first feed, may be sleepy the rest of the day. Provide lots of skin to skin care.	Minimum 1 wet and 1 sticky black poop (meconium)	Birth weight
Day 2	More alert, feeds every 2-4 hours. Lots of extra feedings during the second night.	Minimum 2 poop and 2 wet	Loss of 7-10% of birth weight is very normal.
Days 3-4	8-12 feeds in a 24-hour period (the feedings may not be evenly spaced). Look for hunger cues.	Minimum 3-4 wet, 3-4 poop. Poop starting to turn green and pasty.	Weight loss is small as baby begins to regain weight.
Days 5-11	8-12 feeds in a 24-hour period (the feedings may not be evenly spaced). Look for hunger cues.	Minimum 6+ wet, 3+ poop. Poop should be yellow, seedy and runny.	Weight gain of 0.5-1 ounces a day is normal.
Weeks 2-4	8-12 feeds in a 24-hour period (the feedings may not be evenly spaced). Look for hunger cues.	Minimum 6+ wet, 3+ poop. Poop should be yellow, seedy and runny.	<p>Baby should be back up to birth weight at 2 weeks.</p> <p>Normal weight gain is 4-7 ounces a week.</p>

	Feedings	Diapers	Weight
Months 1-4	8-12 feeds in a 24-hour period (the feedings may not be evenly spaced). Look for hunger cues.	After 6 weeks of age, pooping patterns can change and vary between babies.	Baby should be gaining 4-7 ounces per week after reaching his birth weight.
Month 5-6	8-12 feeds in a 24-hour period (the feedings may not be evenly spaced). Look for hunger cues.	After 6 weeks of age, pooping patterns can change and vary between babies.	Baby should be gaining 4-5 ounces per week.
Months 6-8	Time and number of breastfeeding may vary after introducing solid foods.	Introduction to solids can change the number, smell, and texture of poops. Your baby may not have a poop everyday.	Baby should be gaining 2-4 ounces per week.
Months 9-12	Time and number of breastfeeding may vary after introducing solid foods.	Introduction to solids can change the number, smell, and texture of poops. Your baby may not have a poop everyday.	Baby should be gaining 2-4 ounces per week.
Months 13-15	May be once at night or several times throughout the day.	Introduction to solids can change the number, smell, and texture of poops. Your baby may not have a poop everyday.	Most toddlers gain 2 ounces per week.

The following information is a guideline that can be followed, but the information should not replace your health care provider's recommendations. This can be used to have conversations with your baby's doctor. If you have specific concerns about your baby's growth or breastfeeding, please speak with your health care provider. Also, you can call the **24-Hour Breastfeeding Hotline 1-800-833-4642** for any breastfeeding or baby behavior questions.

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