

- babies come in all shapes and sizes and grow at different rates
- babies who are a smaller size can be just as healthy as babies that are a larger size
- try not to compare your baby's weight with other babies
- weight checks at your breastfeeding clinic or doctor's office will help determine if your baby is gaining well
- it is also important for your health care provider to check your baby's length

My baby breastfeeds frequently, is this normal?

- breastfeeding is the natural way of feeding infants and small children
- some babies seem to want to feed all the time. This does not always mean there is not enough milk
- some babies have a bigger appetite and need more of the reassurance and comfort that breastfeeding provides. This is normal too!
- you can not overfeed a breastfed baby
- growth spurts can cause a baby to feed more frequently. They usually occur at 3 weeks, 6 weeks, 3 months and 6 months. During this time baby may seem extra hungry for a few days. Go with the flow! Your baby is building your milk supply to meet his growing needs

What is normal weight gain?

- breastfed babies usually gain weight very quickly for the first few months and then start to slow down after two to four months. This is normal
- breastfed babies do not always grow the same as formula fed babies
- babies can grow at different rates but still be healthy
- speak to your doctor, midwife or lactation consultant about what is normal for your baby (see figure 1)

General guidelines for healthy weight gain in first year:	
Birth to 4 months	113-227 grams or 4 – 8 ounces per week
4 to 6 months	85-142 grams or 3-5 ounces per week
6-12 months	43-85 grams or 1.5 – 3 ounces per week
Double birth weight by about 5-6 months	
2 ½ - 3 times birth weight by about one year	

Figure 1— healthy weight gain for breastfed babies

What can I do to ensure healthy weight gain?

- ensure your baby is getting enough feedings throughout the day. Most babies under 6 months of age need to feed at least 8 times per day
- avoid the use of soothers when the baby could be breastfeeding
- avoid unnecessary separation from your baby
- speak to your care provider or a lactation consultant if you have any questions or concerns about your baby's weight



- there are ways to make more milk for your baby; do not stop breastfeeding
- breastfeeding is a relationship that is always changing to meet your baby's needs
- keep up the good work and get support if you need it

Helpful Websites

Regional Lactation Committee.....www.breastfeedinghelphamilton.ca

La Leche League Canada.....www.lllc.ca

City of Hamilton Public Health Services.....www.hamilton.ca/breastfeeding

Stanford University.....www.newborns.stanford.edu/Breastfeeding

Newman Breastfeeding Clinic and Institute.....www.ncbi.ca



March-2014