



جامعة الإمام عبد الرحمن بن فيصل
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Growth Spurt & Breastfeeding



What is a growth spurt?

It is the period during which the child goes through a rapid growth phase at certain periods of his life, which causes the child to breastfeed for earlier periods and also increases the number of times the child asks for milk during the day.

How long does a growth spurt last?

The child's growth spurt is **temporary** and usually lasts for a few days, but sometimes it may last for **one to two weeks**.



When does a growth spurt occur?

A child's growth spurt often occurs at the following times:

When he is 2-3 weeks old

When he is 6 weeks old

When he is 3 months old

When he is 6 months old

Note:

Growth spurts may not occur at these exact times and may occur at any time, and children differ from one child to another.



What are the signs of a growth spurt?

Signs in the child:

- The child's desire to breastfeed more frequently increases.
- The child's desire to sleep may increase. Sometimes he sleeps for a short time and wakes up frequently, and at other times he may sleep longer and better than before.
- The baby does not separate from the breast. He may breastfeed for a short period, then wake up and breastfeed more often.



What are the signs of a growth spurt?

Signs in the mother:



Feeling thirsty and hungry

Feeling tired and upset

Feeling pain in the nipple



Do I have enough milk to meet my baby's needs during the growth spurt?

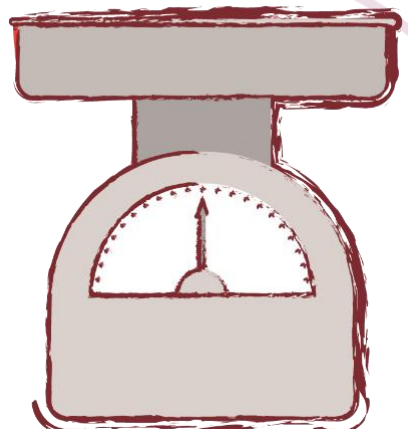
Yes, do not worry that the more you breastfeed your child, the more milk he will produce, as frequent breastfeeding may lead to increased milk production.

Signs that the baby is getting enough milk include:

Defecate well

Urinate well, 6-8 times a day

Child's weight increases by 500 grams monthly



What should I do during my child's growth spurt?

All you have to do is:

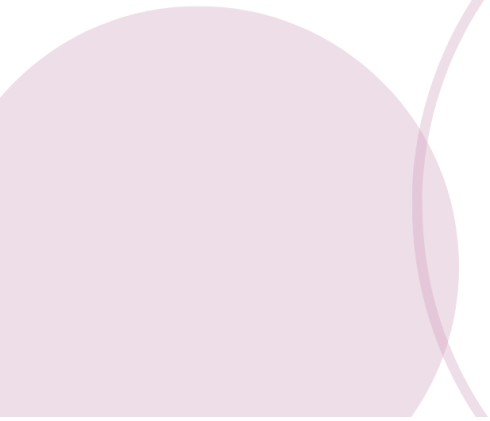
- Meet your baby's needs whenever he wants to breastfeed.
- Taking care of your health and making sure you get enough food so that you have the energy needed to get through this period.
- Ensure that you get sufficient periods of rest and good sleep.



Notes:



Notes:



Notes:



Sources and references:

All illustration used in this booklet is from

www.canva.com

Review and audit:

The content of this book has been reviewed by a breastfeeding education specialist at King Fahd University Hospital.

Health awareness Unit
IAU-24-449



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