

## Breastfeeding Tip

# Your baby will have growth spurts.

**There will be times when your baby is growing fast and wants to eat more often.** Growth spurts can happen at any time, but are common when your baby is 7 to 10 days, 2 to 3 weeks, 6 weeks, 3 months and 6 months old.

*Follow your baby's lead and breastfeed more often. This will help increase your milk supply.*



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