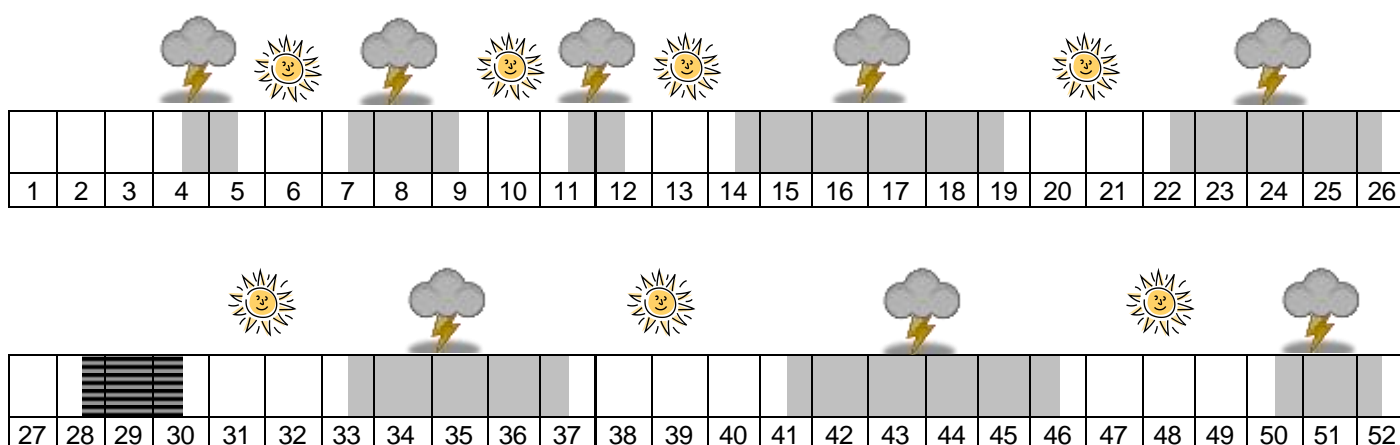


GROWTH / APPETITE SPURTS in the first year

Growth spurts can occur at any time but are common at around 10 days, and 3, 6 and 12 weeks. They are often associated with *fussy periods* when baby may sleep less, need to be held more or fed more.

One reason for this change in behaviour is that baby needs to increase its milk supply to keep up with its sudden increase in growth. There is also research to show that fussy periods may be linked to *magical leaps* forward in baby's development: for example, at 8 weeks when babies suddenly take an interest in shapes and patterns. Other fussy periods, which signal a magical leap, occur at 5, 8, 12, 15, 23, 34, 42 and 51 weeks.

Many mothers stop breastfeeding during these fussy periods assuming they have insufficient milk because baby may refuse the breast. However, these behaviours also occur in bottle fed infants, so it is important to carry on breastfeeding and be reassured that things will improve.



Uncomplicated phase



Fussy periods



Clingy and irritable behaviour at around 29-30 weeks. Baby has discovered that his mummy can leave him behind. This is progress - he is learning about distances.



Baby's sunny side will shine through



A stormy period is most likely to occur