
GROWTH SPURT AGES

Newborn growth spurts are temporary but essential for your baby's development.

While every baby is different, growth spurts often happen at these ages:

IN THE FIRST FEW DAYS AFTER BIRTH

Baby adjusts to life outside the womb, feeding often to boost milk supply to fuel rapid development of their organs, digestion, and immune system.



WEEK 2 & 3

Growth hormones surge as your baby becomes more aware. Brain and body connections strengthen.



6 WEEKS

A big brain leap makes your baby more alert, social, and ready to smile.



3 MONTHS

Vision and muscle control improve as your baby holds their head up and recognizes faces.



6 - 12 MONTHS

- Your baby builds strength for rolling, sitting, and grabbing.
- Rapid brain growth supports first words, first steps, and stronger social awareness.



**FEED ON DEMAND, TRUST YOUR BODY, AND BE PATIENT—
YOU'VE GOT THIS!**