

# Cluster Feeding



Cluster feeding  $\neq$  low supply. It's usually feeding working.



Output (diapers) tells you about supply — not feed frequency.



Most clusters last days, not weeks.

## When and why it happens

- ▶ Multiple feeds close together, often every 1–2 hours.
- ▶ Common in the evenings (5–10 PM); overlaps with the witching hour.
- ▶ Especially common around newborn, 3 weeks, 6 weeks, 3 months, 6 months.
- ▶ Drivers: building milk supply, tanking up before a longer sleep stretch, comfort and connection, growth spurts.

### What it isn't

- ▶ It is not a sign of low supply, even when it feels like one.
- ▶ It is not feeding failure — it's usually evidence feeding is working.
- ▶ Frequency tells you about a growth phase, not about whether you're making enough.
- ▶ Output (wet diapers, stools, weight gain) is the supply indicator that matters.

## How to survive it

- ▶ Know it's coming. Clear the calendar where you can.
- ▶ Set up before it starts: water, snacks, phone, remote, pillows within reach.
- ▶ Tag-team with your partner if pumped milk or formula supplementation is possible.
- ▶ Most clusters last days, not weeks. If feeding stays this intense for weeks, talk to an IBCLC.

### Gaux Note

Cluster feeding is normal and almost always tied to growth spurts. It doesn't mean low supply or failure. The more you surrender to the demand — instead of fighting it — the faster the phase passes.