

### 15.6.3. Frequency and Duration of Feeding

Hofvander et al. (1982) reported on the frequency of feeding among 25 bottle-fed and 25 breast-fed infants at ages 1, 2, and 3 months. The mean number of meals for these age groups was approximately five meals a day (see Table 15-35). Neville et al. (1988) reported slightly higher mean feeding frequencies. The mean number of meals per day for exclusively breast-fed infants was 7.3 at ages 2–5 months and 8.2 at ages 2 weeks to 1 month. Neville et al. (1988) reported that, for infants between the ages of 1 week and 5 months, the average duration of a breast-feeding session is 16–18 minutes.

Buckley (2001) studied the breast-feeding patterns, dietary intake, and growth measurement of children who continued to breast-feed beyond 1 year of age. The sample was 38 mother-child pairs living in the Washington, DC, area. The criteria for inclusion in the study were that infants or their mothers had no hospitalization of either subject 3 months prior to the study and that the mother was currently breast-feeding a 1-year-old or older child (Buckley, 2001). The participants were recruited through local medical consultants and the La Leche League members. The children selected as the final study subjects consisted of 22 boys and 16 girls with ages ranging from 12 to 43 months old. The data were collected using a 7-day breast-feeding diary. The frequency and length of breast-feeding varied with the age of the child (Buckley, 2001). The author noted a statistically significant difference in the mean number of breast-feeding episodes each day and the average total minutes of breast-feeding between the 1-, 2-, and 3-year-old groups. Table 15-36 provides the comparison of breast-feeding patterns between age groups. An advantage of this study is that the frequency and duration data are based primarily on a 7-day diary and some dietary recall. Limitations of the study are the small sample size and that it is limited to one geographical area.

## 15.7. REFERENCES FOR CHAPTER 15

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