

Guide to Feeding

Each baby has their own nutrition needs. As long as your baby is growing properly, there is no need to alter the amount of feedings you are giving them. As a guideline, you may refer to the table below. If you have questions about your baby’s intake, talk with your baby’s doctor.

How Old?	How Much? Per feeding	How Often? Feedings per day
Birth–1 week	2–3 fl oz	6–10
1 week–1 month	2–4 fl oz	7–8
1–3 months	4–5 fl oz	5–6
3–6 months	6–7 fl oz	4–5
6–9 months	7–8 fl oz	3–4
9–12 months	7–8 fl oz	3

