## Similac

## Baby's First Feeding Tracker

Keep track of your newborn's eating habits and share the information with your baby's pediatrician. This will help the doctor determine whether your baby is getting enough to eat and whether any changes might be needed.

Date	Feeding Time	Amount per Feeding	Baby's Reaction	Total Amount per Day
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## 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	<b>How Often?</b> 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





