

BREASTFEEDING BABY FEEDING CHART

AGE	AMOUNT PER FEEDING	FREQUENCY	TOTAL AMOUNT
0 - 1 MONTH	1 - 3 oz.	Every 2 - 3 hours 8 - 12 feedings daily	24 oz.
1 - 3 MONTH	3 - 4 oz.	6 - 8 feedings daily	24 - 32 oz.
3 - 6 MONTHS As babies sleep longer, at night, the number of feedings will decrease	4 - 8 oz.	4 - 6 feedings daily	24 - 32 oz.
6 - 9 MONTHS Good time to start on solid foods	6 - 8 oz.	6 feedings daily	32 oz.
9 - 12 MONTHS Babies sometimes drink a little less during this period as more solids are introduced	7 - 8 oz.	3 - 5 feedings daily	24 oz.