



HOW MUCH SHOULD

baby eat?

Always trust your baby's cues over any guidelines. Rather than focusing on strict schedules, clocks, or predetermined bottle measurements, the best practice is to tune into your baby's signals and feed them on demand. Babies have a remarkable ability to communicate when they're hungry and when they're full. For peace of mind and individual guidance tailored to your baby's specific needs, it's advisable to consult with your International Board-Certified Lactation Consultant (IBCLC) or care provider.

<i>baby's age</i>	<i>amount</i>	<i>frequency*</i>
Birth - 4 weeks	1.5 - 3 oz / 45 - 90mL	On demand/every 2-3 hours
1 - 2 months	2 - 4 oz / 60 - 120mL	On demand/ 6-8 feeds per day
2 - 4 months	4 - 6 oz / 120 - 180mL	5 - 6 feeds/day
4 - 6 months	4 - 8 oz / 120 - 240mL	5 - 7 feeds/day
6 - 9 months	6 - 8 oz / 180 - 240mL	4 - 6 feeds/day
9 - 12 months	6 - 8 oz / 180 - 240mL	4 - 6 feeds/day

* Remember that this is a *suggestion*, not a rule! Many babies will want to eat earlier than this guideline. This does not mean that your baby is not getting enough to eat. If your baby shows hunger cues earlier than expected, always feed them!