

Infant Feeding Reference Sheet

Know what to expect as you learn to feed your baby!



How Much & How Often?

Breast/chest-fed Babies:

It can be hard to measure how much your baby is eating in ounces when breast/chestfeeding.

You can expect your newborn to eat **every 2-3 hours AT LEAST in the first 24 hours.**

In the first month, you can expect your newborn to feed **on demand every 2-3 hours during the DAY** and **every 3-4 hours at NIGHT**. (About 8-12 times a day).

Formula-fed babies:

In the first **48-72 hours** you can expect your newborn to eat **1/2 - 1 ounce of formula every 3-4 hours.**

You can expect your newborn to eat **2-3 ounces every 3-4 hours** in the first few weeks.

At the end of one month, you can expect your newborn to eat **4 ounces every 4 hours.**

By 6 months you can expect your baby to eat **6-8 ounces about 4-5 times every 24 hours.**

Newborn Stomach Size

In the early weeks of your newborn's life, their stomach is very small! You may feel like they are not eating enough. Remember to watch for their hunger cues, diaper outputs and signs of being satisfied after feeds!



Day 1:
Size of a cherry
5 ml to 7 ml
1 to 1.5 tsp



Day 3:
Size of a walnut
22 ml to 27 ml
.75 to 1 oz



One Week:
Size of an egg
45 ml to 60 ml
1.5 to 2 oz



One Month:
Size of a plum
80 ml to 150 ml
.25 to 5 oz

If you have concerns about your newborn's feeding habits or weight gain, don't be afraid to bring them up to your trusted healthcare provider or pediatrician. Addressing feeding concerns/issues early increases positive outcomes and reduces unnecessary stress/suffering.

Human Milk Storage Guidelines:

Freshly Pumped/Expressed

Countertop 77°F (25°C) Or Colder Up to 4 Hours	Refrigerator 40°F (4°C) Or Colder Up to 4 Days	Freezer 0°F (-17°C) Or Colder Up to 6 Months (12 months is ok)
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Thawed/Previously Frozen

Countertop 77°F (25°C) Or Colder 1 - 2 Hours	Refrigerator 40°F (4°C) Or Colder Up to 1 Day	Freezer 0°F (-17°C) Or Colder Never refreeze thawed human milk!
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Leftover

Use within 2 hours whether you refrigerate it or not!
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Safe Human Milk Handling:

- Clean surfaces and wash your hands prior to handling human milk.
- Label containers with the date & time of storage
- Use hard plastic, or glass containers/bottles to store milk.
- Store human milk in the back of the fridge/freezer where the temperature is lower and consistent

NOTE: It is not considered safe to mix freshly expressed human milk with milk that was pumped/expressed previously and already chilled in the fridge!

Leftover milk still needs to be used within 2 hours of the last feed even when mixed with freshly pumped/expressed milk.

Always follow the directions on the container for infant formula preparation and use.