

# formula feeding

## feed your baby on demand

**0-4 weeks:** 1 to 3 ounces of formula every three to four hours (closer to 2 to 3 ounces a feeding after the first few days or week).

*Wake your baby for a feeding if he sleeps longer than 4 hours.*

**by 1 month:** At least 4 ounces every four hours

**By 6 months:** 24 to 32 ounces spread out over four or five feedings a day.

## hunger cues

- Rooting (when baby opens mouth, turns her head to the side)
- Opening their mouth
- Sucking on anything they can find - your shirt, dad's nose, their hand
- Nuzzling against your breasts
- Lip-smacking or sucking on tongue (can look like they are sticking tongue out)
- Low pitch whines, that rise and fall in short duration

## storage/use

Use mixed formula within 2 hrs;  
can go in fridge for 24 hrs  
Once a feeding has started, use within 1 hour