











HOW MUCH BREASTMILK DOES MY BABY NEED?


A newborn's stomach is very small. Smaller more frequent feeds allow baby to control their intake without stretching their stomach.



Baby's Age		Amount Per Feeding	Stomach Size
1 day old		5-7 ml 1 tsp	 marble
2 days old		5-15 ml 1 tsp-.5 oz	 cherry
3 days old		15-30 ml .5-1 oz	 walnut
1 week old		30-60 ml 1-2 oz	 apricot
2-3 weeks old		60-90 ml 2-3 oz	 egg

Amount Per Day

 The first week:
10-19 ounces

 From 2-3 weeks:
20-25 ounces

 Until age 1:
24-35 ounces

As your baby grows, your breastmilk changes to fit their needs. Therefore, the amount of milk they need does not change.

NEWBORN DAILY LOG

Name: _____

Date: _____

TIME	Breast or Bottle	OUNCES	DIAPERS Wet or Dry	SLEEP Yes or No	NOTES
M O R N I N G					
12					
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
A F T E R N O O N					
12					
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					