

Feeding Chart

Birth to 3 Months:

1 to 3, night-time feeds.

Breast milk: 8 – 12 feedings per 24 hours

Or

Iron-fortified infant formula: 6 to 8 feedings per 24 hours. (400 to 1200 ML)

The number of feedings will decrease after the first few weeks

4 – 6 Months:

Babies needs 500 to 850 ML per day

1 to 3 solid food meals: Watch out for the “filler foods” like cheerios, goldfish, puffs and sweet yogurts

Nutrients rich foods like fruits, vegetables, cheese, butter, full fat yogurts.

6 – 12 Months:

500 to 900 ML per day (Peaks around 9 to 10 months)

12 Months and UP

230 to 425 ML of milk per day. 3 solid meals.



The Sleep Mantra

INFANT & CHILDREN'S SLEEP CONSULTING