



Baby Feeding SCHEDULE

AGE	WHAT	HOW MUCH	HOW OFTEN
0-1 MONTH	Breast Milk	Nurse every 2-3 hours	8-12 Feedings/Day Continue to Feed Your Baby on Demand Regardless of Breast Milk or Formula
	Formula	2-3 ounces, every 3-4 hours	
1-2 MONTHS	Breast Milk	Nurse every 2-3 hours	8-12 feedings/day
	Formula	Approximately 4 ounces	6-8 feedings/day
	Breast Milk	Nurse every 3-4 hours	6-7 feedings/day
	Formula	4-6 ounces	5-6 feedings/day
4-6 MONTHS	Breast Milk	Nurse every 3-4 hours	6-7 feedings/day
	Formula	4-8 ounces	5-7 feedings/day
6-9 MONTHS	Breast Milk	Nurse every 4 hours	5-6 feedings/day
	Formula	6-8 ounces	4-6 feedings/day
	Infant Cereal	2-4 tablespoons	
	Fruits or Vegetables	2-3 tablespoons	
	Meats or Beans	1-2 tablespoons	
9-12 MONTHS	Breast Milk	Nurse every 4 hours	5-6 feedings/day
	Formula	6-8 ounces	4-6 feedings/day
	Infant Cereal	2-4 tablespoons	
	Fruits or Vegetables	3-4 tablespoons	
	Meats or Beans	3-4 tablespoons	
	Dairy such as Cheese or Yougurt	½-4 ounces	

*Guidelines per the American Academy of Pediatrics