

FEEDING CHART

NEWBORN TO 12 MONTHS

Baby's Age	Average amount of breastmilk or formula	Average number of feedings each day
Newborn	1 to 2 ounces	8 to 12 feedings
2 Weeks	2 to 3 ounces	8 to 12 feedings
1 Month	3 to 4 ounces	8 to 10 feedings
2 Months	4 to 5 ounces	6 to 8 feedings
4 Months	4 to 6 ounces	6 to 8 feedings
6 to 12 Months	7 to 8 ounces	4 to 6 feedings