



Bottle-Feeding Your Newborn

HOW MUCH AND HOW OFTEN?

- Babies typically need 2.5 ounces of breastmilk/formula per pound of body weight. These numbers are ESTIMATES and it is important that you follow your baby's cues closely.
- Small babies eat more frequently and requiring 10-12 feedings is common throughout the first month of life. On demand feeding is recommended at every age and weight.
- Newborns should return to their birthweight by 2 weeks of age and should not go more than 4-5 hours without feeding. Recommended weight gain is 4-7 ounces per week for the first 4 months of life.
- Common challenges include baby being too sleepy to eat or baby taking too long to eat/falling asleep while eating. Length of feeding times should be around 30 minutes or less. Consult with your pediatrician if you have concerns.
- REMEMBER - babies' feeding patterns may vary from one feeding to another and from day to day!

Baby's Current Weight	Recommended 24 Hour Intake	Ounces per feeding (12 feeds/day)
5 lbs	12.5 oz	1.0 oz
5 lbs, 8 oz	13.8 oz	1.1 oz
6 lbs	15.0 oz	1.3 oz
6 lbs, 8 oz	16.3 oz	1.4 oz
7 lbs	17.5 oz	1.5 oz
7 lbs, 8 oz	18.8 oz	1.6 oz
8 lbs	20.0 oz	1.7 oz
8 lbs, 8 oz	21.3 oz	1.8 oz
9 lbs	22.5 oz	1.9 oz
9 lbs, 8 oz	23.8 oz	2.0 oz

Baby's Current Weight	Recommended 24 Hour Intake	Ounces per feeding (10 feeds/day)
10 lbs	25.0 oz	2.5 oz
10 lbs, 8 oz	26.3 oz	2.6 oz
11 lbs	27.5 oz	2.8 oz
11 lbs, 8 oz	28.8 oz	2.9 oz

	Recommended 24 Hour Intake	Ounces per feeding (8 feeds/day)
12 lbs	30.0 oz	3.8 oz
12 lbs, 8 oz	31.3 oz	3.9 oz
13 lbs	32.5 oz	4.1 oz
13 lbs, 8 oz	33.8 oz	4.2 oz
14 lbs	35.0 oz	4.4 oz
14 lbs, 8 oz	36.3 oz	4.5 oz
15 lbs	37.5 oz	4.7 oz
15 lbs, 8 oz	38.8 oz	4.8 oz
16 lbs	40.0 oz	5.0 oz