

BOTTLE FEEDING:

Am I feeding my baby too much or too little?

Age:	Ounces:	Frequency:
NEWBORN 1-2 WEEKS	 1.5 - 3 oz	every 2-3 hrs 6-10X a day
2-4 WEEKS	 2 - 4 oz	6-8X a day
2 MONTHS	 5 - 6 oz	5-6X a day
3-5 MONTHS	 6 - 7 oz	5-6X a day
4-8 MONTHS	 max 32 oz per 24 hr period	4-5X a day
9 MONTHS	 max 32 oz per 24 hr period	3-5X a day
10-12 MONTHS	 max 32 oz per 24 hr period	3-4X a day

via KidsHealth.org Johns Hopkins and WebMD

For children under 6 months old: the average is 2-2 ½ ounces per pound in a 24 hr period. So, a 10lb baby needs 20-25 ounces per day which is 3-4 oz every 6-8 times a day.

SIGNS YOUR BABY IS HUNGRY:

- moving head side to side
- opening mouth
- sticking out tongue
- puckering lips
- putting hands/fingers in mouth
- nuzzling against mothers breast
- moves mouth in direction of something
- stroking or touching its cheek
- crying (this is the last sign & means you missed the earlier cues)



SIGNS YOUR BABY IS FULL:

- closing lips when the bottle gets close
- turning away from the food source
- decreased or stop sucking
- spitting out the nipple
- shows an interest in surroundings rather than eating



fennellseeds.com

