



Newborn Feeding

You can expect your breastfed newborn to eat every 2-3 hours in the first 24 hours.

In the first month, expect your newborn to feed on demand every 2-3 hours during the day and every 3-4 hours at night. (About 8-12 times a day).

In the first 48-72 hours expect your newborn to eat 1/2 - 1 ounce of formula every 3-4 hours.

Expect your newborn to eat 2-3 ounces every 3-4 hours in the first few weeks.

At the end of one month, your newborn can eat 4 ounces every 4 hours.

By 6 months you can expect your baby to eat 6-8 ounces about 4-5 times every 24 hours.



Day 1: Size of a cherry 5 ml to 7 ml 1 to 1.5 tsp

Day 3: Size of a walnut 22 ml to 27 ml .75 to 1 oz

One Week: Size of an egg 45 ml to 60 ml 1.5 to 2 oz

One Month: Size of a plum 80 ml to 150 ml .2.5 to 5 oz

Breastmilk Storage Guidelines:

Freshly Pumped/Expressed			Leftover	Safe Milk Handling:
Countertop 77°F (25°C) Or Colder Up to 4 Hours	Refrigerator 40°F (4°C) Or Colder Up to 4 Days	Freezer 0°F (-17°C) Or Colder Up to 6 Months (12 months is ok)	USE WITHIN 2 HOURS WHETHER YOU REFRIGERATE IT OR NOT!	<ul style="list-style-type: none"> Clean surfaces and wash your hands prior to handling human milk. Label containers with the date & time of storage Use hard plastic, or glass milk Store human milk in the back of the fridge/freezer where the temperature is lower and consistent
Thawed/Previously				
Countertop 77°F (25°C) Or Colder 1 - 2 Hours	Refrigerator 40°F (4°C) Or Colder Up to 1 Day	Freezer 0°F (-17°C) Or Colder Never refreeze thawed milk!	It's not safe to mix freshly expressed milk with milk that's been previously pumped and chilled.	
Important:				

If you have concerns contact your baby's healthcare provider or pediatrician. Addressing feeding concerns early increases positive outcomes and reduces unnecessary stress/suffering.