

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 .25 to 5 oz

Breastmilk Storage Guidelines:

Freshly Pumped/Expressed		
Countertop 77°F (25°C) Or Colder	Refrigerator 40°F (4°C) Or Colder	Freezer 0°F (-17°C) Or Colder
Up to 4 Hours	Up to 4 Days	Up to 6 Months (12 months is ok)
Thawed/Previously		
Countertop 77°F (25°C) Or Colder	Refrigerator 40°F (4°C) Or Colder	Freezer 0°F (-17°C) Or Colder Never refreeze thawed milk!
1 - 2 Hours	Up to 1 Day	

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USE WITHIN 2 HOURS WHETHER YOU REFRIGERATE IT OR NOT!

Safe Milk Handling:

- 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

Important:

It's not safe to mix freshly expressed milk with milk that's been previously pumped and chilled.

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