

## If you are feeding your new baby by bottle, cup or dropper...

### How much your baby needs to eat as he or she grows...

Note: 30 ml = 1 ounce; most bottles are marked in both mls and ounces!

#### Day 1

Your baby needs a **total** of 60 ml/kg or 1 oz/lb of formula (and colostrum)  
Give 15 - 30 ml (1/2 to 1 ounce) of formula (and colostrum) every 2-3 hours, or **at least 8 times** in 24 hours  
Your baby should have at least one void  
Black tarry stools

#### Day 2

Your baby needs a **total** of 80 ml/kg or 2 oz/lb of formula (and colostrum)  
Give 30 - 60 ml (1 - 2 ounces) of formula (and colostrum) every 2-4 hours, or **at least 8 times** in 24 hours  
Your baby should have at least two voids  
Black tarry stools

#### Day 3

Your baby needs a total of 100 ml/kg or 3 oz/lb of formula (and colostrum)  
This is from 40 - 120 ml (or 2.5 - 4 ounces) of formula (and colostrum) every 2-4 hours, or **at least 8 times** in 24 hours .  
Baby may cluster feed at night  
Your baby should have at least three voids  
Black tarry stools or slightly lighter, more liquid stools (transitional)

#### Day 7 1 14

Your baby needs a **total** of 360 - 480 ml (or 12 - 16 ounces) of EBM and/or formula  
This is from 60 - 150 ml (or 2 - 5 ounces) of EBM and/or formula every 2-3 hours, or **at least 8 times** in 24 hours. Baby may cluster feed at some times.

#### Day 14 - 21

Your baby will need a **total** of 720 - 1200 ml (or 24 - 40 ounces) of EBM and/or formula in 24 hours.  
This is from 90 - 180 ml (or 3 - 6 ounces) of EBM and/or formula every 2-4 hours, or at least 8 times in 24 hours. Baby may cluster feed at some times.

#### By one month

Your baby will need 90 - 250 ml (or 3-8 ounces) of EBM and/or formula every 2-6 hours, or at least 8 times in 24 hours. Baby may cluster feed at some times.

#### By the end of six weeks

Feed the baby according to its size and appetite. Most babies will want to feed 6 - 8 times a day, around every 2 - 4 hours, and take from 4 - 8 ounces per feed. They may still cluster feed.

### Signs That Your Baby is Getting Enough

- baby is satisfied after feeds
- in the first week, baby has same number of wet diapers as he or she is old
- after one week, baby has 6 - 8 wet diapers in 24 hours
- baby gains 20 - 30 grams (3/4 to one ounce) per day for the first few weeks

### What formula to feed, and how to prepare it:

- Unless you have been advised not to, give your baby a dairy-based (not soy) formula
- For the first month, use liquid concentrate or 'ready-to-serve' formulas only
- After one month, powdered formula is okay - make sure to mix it exactly as directed - the water needs to be hot enough to kill any bacteria in the formula
- Refrigerate all formula after it has been opened; read directions to see how long you can leave it in the refrigerator after it's been opened - usually not long!
- Make sure bottles, nipples etc. are very clean or sterilized (dishwashers work well)

**Call your doctor or midwife if you have any questions or concerns!**