

Baby Feeding Schedule Table

AGE	WHAT	HOW MUCH	HOW OFTEN
0-1 months	Breast milk	Nurse every 2-3 hours	8-12 feedings/day Continue to feed your baby on-demand regardless of breast milk or formula
	Formula	2-3 ounces, every 3-4 hours	
1-2 months	Breast milk	Nurse every 2-3 hours	8-12 feedings/day
	Formula	Approximately 4 ounces	6-8 feedings/day
2-4 months	Breast milk	Nurse every 3-4 hours	6-7 feedings/day
	Formula	4-6 ounces	5-6 feedings/day
4-6 months	Breast milk	Nurse every 3-4 hours	6-7 feedings/day
	Formula	4-8 ounces	5-7 feedings/day
6-9 months	Breast milk	Nurse every 4 hours	5-6 feedings/day
	Formula	6-8 ounces	4-6 feedings/day
	Infant cereal	2-4 tablespoons	
	Fruits or vegetables	2-3 tablespoons	
	Meats or beans	1-2 tablespoons	
9-12 months	Breast milk	Nurse every 4 hours	5-6 feedings/day
	Formula	6-8 ounces	4-6 feedings/day
	Infant cereal	2-4 tablespoons	
	Fruits or vegetables	3-4 tablespoons	
	Meats or beans	3-4 tablespoons	
	Dairy such as cheese or yogurt	½ - 4 ounces	

Month Feeding Guide

Mike Jess



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