

Amount of Milk Needed PER DAY ^{6,8}

Estimated to be 2.5-3 times the infant's weight in ounces
For the first six months of life

Weight (pounds)	Daily Ounces Needed	Average Per Feeding*
5 lbs.	12 ½ - 15 oz.	1 ½ oz.
5 ½ lbs.	14 - 16 ½ oz.	1 ½ oz.
6 lbs.	15 - 18 oz.	2 oz.
6 ½ lbs.	16 ½ - 19 ½ oz.	2 oz.
7 lbs.	17 ½ - 21 oz.	2 oz.
7 ½ lbs.	19 - 22 ½ oz.	2 oz.
8 lbs.	20 - 24 oz.	2 ½ oz.
8 ½ lbs.	21 ½ - 25 ½ oz.	2 ½ oz.
9 lbs.	22 ½ - 27 oz.	2 ½ oz.
9 ½ lbs.	24 - 28 ½ oz.	3 oz.
10 lbs.	25 - 30 oz.	3 oz.
10 ½ lbs.	26 ½ - 31 ½ oz.	3 oz.
11 lbs.	27 ½ - 33 oz.	3 oz.
11 ½ lbs.	29 - 34 ½ oz.	3 ½ oz.
12 lbs.	30 - 36 oz.	3 ½ oz.
12 ½ lbs.	31 ½ - 37 ½ oz.	3 ½ oz.
13 lbs.	32 ½ - 39 oz.	4 oz.

***Smaller frequent feedings are best for baby's health.
10 feedings or more are recommended per 24 hour period.**

How to Use Diapers to Assess Feeding ²

Count only stools that are at least the size of a quarter or larger



Baby's Age	Wet Diapers	Dirty Diapers
1 Day old		
2 Days old		
3 Days old		
4 Days old		
5 Days old		
6 Days old		
7 Days old		

Days 1-2
Black, thick, and sticky

Days 3-4
Greenish to yellow and less thick

By Day 5
Mustard or yellow, seedy and watery

Refer Breastfeeding Infants to Pediatrician and IBCLC:

- For newborn 1-4 days of life, if urine and stool output does not increase, especially if urine is dark or with repeated crystals; If no changes in color or consistency of stool by day 3 of life
- For newborn 4 days or older, if less than 3 stools or 3 urine diapers each day
- Parent is concerned with infant's output with other symptoms (i.e. infant dry mouth, bleeding, straining, unusual smell, etc.)