



The Breastfeeding Center of Ann Arbor
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breastfeedingcenterofannarbor.com

Disclaimer: This is not meant to be a substitute for medical care. If you have any questions or concerns about your baby's feeding, please contact your health care provider right away.

Signs of a well fed baby:

- By day four, your baby is having at least 6 good, wet diapers and a total volume of poop in 24 hours that equals or exceeds 4 quarters (you know, coins)
- Your baby is gaining weight at the rate of about 1 oz per day after day 4 for the first 16 weeks, then about 0.5 oz per 24 hours.
- Your baby seems happy and content after a breast feed
- Your breast gets softer during nursing
- Your baby is actively feeding at the breast, not falling asleep right away
- Your baby has lots of deep, slow chin drops while they are feeding
- Get help and support if you need it. barbara@bfcaa.com or 734-975-6534 if you are in the Ann Arbor area or use Find a Lactation Consultant: <https://uslca.org/resources/find-a-lactation-consultant-map#!directory/map>

Note: Having a baby eat less than 8 times per day is unusual. Please make sure your baby is growing well with less than 8 feeds per day. Also, it is unusual for your baby to feed more than 15 feeds per 24 hours after 3 weeks or so. If your baby continues to feed more than 15 feeds in 24 hours, again, please make sure your baby is growing well.

Basic idea: Babies need to eat about 28 ounces in 24 hours once they reach about 12 lbs in weight. 28 oz divided by # of feeding per day roughly = how much they should take during a breastfeed and how much should be in each **bottle if you are bottle feeding at all, no matter what is in the bottle, breastmilk or formula.**

Take the # of feeds the baby will miss = # of **bottles** to send.

Remember, these are rough calculations. Please send a few 1 oz bottles in case the baby needs a bit more food at a particular feed.

For ease of use these numbers have been rounded to the nearest ¼ of an oz. Notice that this says “about”. Feeding cues are critical! If your baby “seems” hungry after a feed, is putting their hands into their mouths, is rooting, crying, please contact an IBCLC (International Board Certified Lactation Consultant) or your health care provider right away to evaluate their feeding patterns.

Feeding calculator:

Total amount of oz roughly needed in 24 hours for the first six months. After 6 months, complementary solids are added.

Weight of baby in pounds	Total amount of oz needed in 24 hours	Amount per feed for 15 feeds	Amount per feed for 14 feeds	Amount per feed for 13 feeds	Amount per feed for 12 feeds	Amount per feed for 11 feeds	Amount per feed for 10 feeds	Amount per feed for 9 feeds	Amount per feed for 8 feeds	Amount per feed for 7 feeds
6 lbs	15 oz	About 1 oz per feed	About 1 oz per feed	About 1.25 oz per feed	About 1.25 oz per feed	About 1.5 oz per feed	About 1.5 oz per feed	About 1.5 oz per feed	About 2 oz per feed	About 2.25 oz per feed
7 lbs	17.5 oz	About 1.25 oz per feed	About 1.25 oz per feed	About 1.25 oz per feed	About 1.5 oz per feed	About 1.5 oz per feed	About 1.75 oz per feed	About 1.75 oz per feed	About 2 oz per feed	About 2.25 oz per feed
8 lbs	20 oz	About 1.5 oz per feed	About 1.5 oz per feed	About 1.5 oz per feed	About 1.75 oz per feed	About 2 oz per feed	About 2 oz per feed	About 2.25 oz per feed	About 2.5 oz per feed	About 3 oz per feed
9 lbs	22.5 oz	About 1.5 oz per feed	About 1.75 oz per feed	About 1.75 oz per feed	About 2 oz per feed	About 2 oz per feed	About 2.25 oz per feed	About 2.5 oz per feed	About 3 oz per feed	About 3.25 oz per feed
10 lbs	25 oz	About 1.75 oz per feed	About 1.75 oz per feed	About 2 oz per feed	About 2 oz per feed	About 2.25 oz per feed	About 2.5 oz per feed	About 2.75 oz per feed	About 3 oz per feed	About 3.5 oz per feed
11 lbs	27.5 oz	About 2 oz per feed	About 2 oz per feed	About 2.25 oz per feed	About 2.25 oz per feed	About 2.5 oz per feed	About 2.75 oz per feed	About 3.25 oz per feed	About 3.5 oz per feed	About 4 oz per feed
12+ lbs	28 oz	About 2 oz per feed	About 2 oz per feed	About 2.25 oz per feed	About 2.25 oz per feed	About 2.5 oz per feed	About 2.75 oz per feed	About 3.25 oz per feed	About 3.5 oz per feed	About 4 oz per feed