

How much milk intake should an infant take?

15 to 30ml

per feed. 8

DAY 1

DAY 2

to 120ml

DAY 3

DAY 4

DAY 5

Few drops of milk to 5ml per feed.

to 5ml per feed. 6 feed. feeds.

feeds. feeds.
Total of 30 Total of 120

30 to 45ml per feed. 8 feeds.

Total 240 to 360ml 45 to 60ml per feed. 8 feeds.

Total 360 to 540ml

Total of 30ml

From day 6 to 4 months, follow this:

to 240ml

150ml x body weight (kg)

Number of feeds

4 TO 6 MONTHS





• 150 to 200ml x body weight (kg)

Number of feeds

• 6 to 8 feeds a day



Baby Feeding Chart



Baby's Age

4-6 months



Breast Milk/ Formula

> 24-36 oz. daily (5-8 nursing sessions)

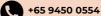


Solid Food

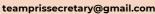
1-4 tbsp. cereal (1-2 times a day)

1-4 tbsp. fruit and veggies (1-2 times a day)









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Tracking Template (by date)

Time	Volume	BM/ FM	Pee	Poop	Temp



