### Amount of Milk Needed PER DAY

Estimated to be 2.5-3 times the infant’s weight in ounces

*For the first six months of life*

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

*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

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

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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.)