

The chart below shows a suggested breast and formula feeding schedule for your infant:

	How Often to Feed	How Much to Feed
Newborn Breastfeeding Formula Feeding	Every: 1½ - 3 hours 2 - 3 hours	30-40 minutes*; 8-12 times in 24 hours 2-3 oz per feeding; 16-20 oz in 24 hours
1-2 Months Breastfeeding Formula Feeding	Every: 2 - 3 hours 3 hours	30-40 minutes*; 8-12 times in 24 hours 4-5 oz per feeding; 21-35 oz in 24 hours
3-5 Months Breastfeeding Formula Feeding	Every: 3 - 4 hours/day, 1x night 3 - 4 hours/day, 1x night	10-20 minutes*; 6-8 times in 24 hours 6-8 oz per feeding; 30-38 oz in 24 hours
6-8 Months Breastfeeding Formula Feeding	Every: 3 - 4 hours/day 4 hours/day	10-20 minutes*; 6-8 times in 24 hours 6-8 oz per feeding; 28-38 oz in 24 hours
9-12 Months Breastfeeding Formula Feeding	Every: 3 - 4 hours/day 4 - 5 hours/day	10-20 minutes*; 5-8 times in 24 hours 6-8 oz per feeding; 32 oz in 24 hours; start to slowly reduce formula intake to 24 oz/day by 12 months

Copyright © 2021, SAS Institute Inc., Cary, NC, USA.
All Rights Reserved. Revised 03/2021

*Length of feedings will vary. Nurse until your breast is completely empty, then offer the other breast.

The chart below shows a suggested feeding schedule for introducing solids to your infant:

	6-8 Months Old	9-12 Months Old
Whole Grains	Variety of single grains	Mixed grains
Fruits & Vegetables	Strained, pureed or soft mash	Gradually introduce table foods and decrease strained foods
Protein	Strained or finely chopped; can use breast milk, formula or water to thin	Increase variety of meats, fish, beans and other proteins and decrease strained meats
Finger Foods	Small-sized foods that can be secured with a palmar grasp	Increase use of small-sized finger foods as the pincer grip develops
Table Foods	Well-cooked mashed or chopped (can delay table foods until closer to 9 months if needed)	Well-cooked mashed or chopped
Juice by Cup	None	None

Introduce one new food every 3-4 days. Solids do not have to be introduced in any specific order. Experiment with a wide variety of foods.