

Breast Milk Volume

How much milk will my baby need?

Every baby is different and will have different feeding needs, but there are general guidelines that can help you feel assured that your baby is getting enough.

MILK CONSUMED ON AVERAGE AT EACH FEED

Day 1	2 to 10 mL (.07 to .30 ounce) per feeding
Day 2	5 to 15 mL (.17 to .50 ounce) per feeding
Day 3	15 to 30 mL (.50 to 1 ounce) per feeding
Day 4	30 to 60 mL (1 to 2 ounces) per feeding
Day 7	45 to 60 mL (1.5 to 2 ounces) per feeding
Months 1-6	80 to 150 mL (2.5 to 5 ounces) per feeding

MILK CONSUMED ON AVERAGE PER MONTH PER DAY

1 Month	624 ml (21 ounces) per day
3 Months	735 ml (25 ounces) per day
6 Months	729 ml (25 ounces) per day
12 Months	593 ml (20 ounces) per day

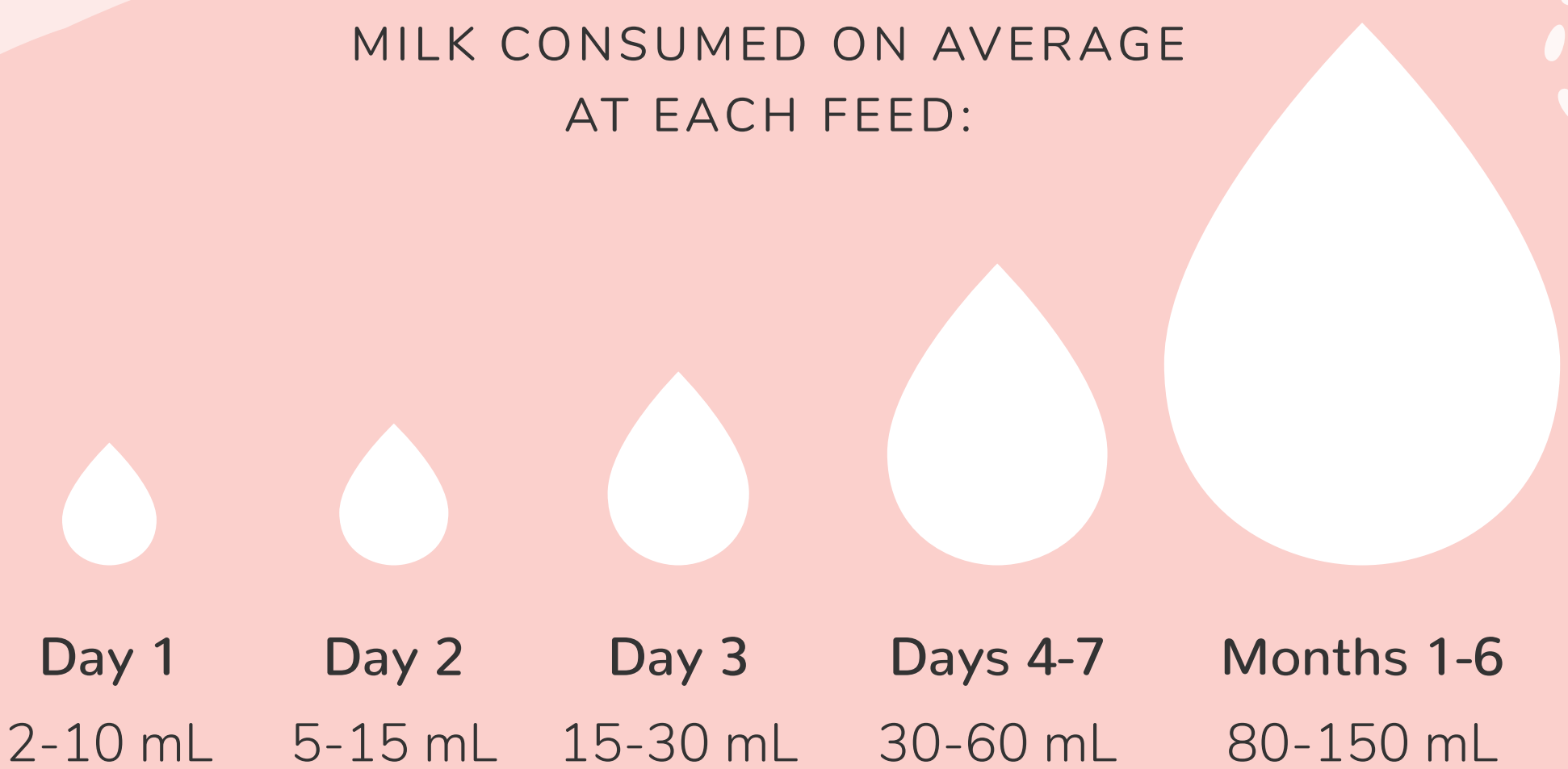
Is there an ideal feeding schedule for breastfed babies?

Most breastfed babies need to feed at least 8-12 times per day for healthy weight gain. We encourage you to be responsive to your baby's feeding cues and not an arbitrary schedule. The more breast milk you remove from your breasts, the more milk you will make.

If your baby wants to eat more often, that is totally normal and it is best to meet their needs with more feedings. If your baby wants to eat less often, you may want to talk to a lactation consultant to ensure your baby is getting enough.

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MILK CONSUMED ON AVERAGE AT EACH FEED:



What if I have questions?

If you are interested in learning more about human milk volume, these Aeroflow classes expand on some of the topics discussed above:

- [Ultimate Breastfeeding Prep](#)
- [Navigating Maternity Leave](#)

To register for these classes, log into your portal or click the link below.

[REGISTER HERE](#)