

## Baby Feeding Schedule

Age	Food	Number of Times per Day	Suggested Serving Size	Feeding Tips
<b>0 to 4 months</b>	Breast milk	On demand	Nurse 5-15 minutes per breast	6-8 wet diapers a day is a good sign your baby is getting enough.
	Formula			
	0 to 1 month	6 to 8 times	2 to 4 oz	Always hold baby and the bottle to feed. Don't microwave bottles. Don't force your baby to eat.
	1 to 2 months	5 to 7 times	3 to 5 oz	
	2 to 3 months	4 to 6 times	4 to 7 oz	
3 to 4 months	4 to 6 times	5 to 8 oz		
<b>4 to 6 months</b>	Breast Milk or Formula	4 to 6 times	6 to 8 oz	Don't prop the bottle. Start with oatmeal cereal. Don't put cereal in the bottle.
	Baby Cereal	1 to 2 times	1 to 2 Tbsp	
<b>6 to 8 months</b>	Breast Milk	3 to 5 times		Start one fruit or vegetable at a time. Give the same food at least 3 days in a row.
	Formula	3 to 5 times	6 to 8 oz	
	Baby Cereal	1 to 2 times	2 to 4 Tbsp	
<b>8 to 12 months</b>	Fruits and Veggies	2 to 3 times	2 to 3 Tbsp	Try using a cup.  Start soft finger foods and table foods.  Feed in a high chair.
	Breast Milk	3 to 4 times		
	Formula	3 to 4 times	6 oz	
	Other Dairy Foods yogurt cottage cheese	1-2 times	1/4 to 1/2 cup	
	Grains: baby cereal crackers/bread dry cereal	1 to 2 times	1 to 2 Tbsp 2 to 4 Tbsp Small amount	
	Fruits and Veggies	3 times	3 to 4 Tbsp	
	Meat	1 to 2 times	2 to 3 Tbsp	