



Amount and Schedule of Baby Formula Feedings

- **In the first week after birth**, babies should be eating no more than about 1 to 2 ounces (30 to 60 ml) per feed.
- **During the first month**, babies gradually eat more until they take 3 to 4 ounces (90 to 120 ml) per feed, amounting to 32 ounces per day. Formula-fed babies typically feed on a more regular schedule, such as every 3 or 4 hours. Breastfed (</English/ages-stages/baby/breastfeeding/Pages/Where-We-Stand-Breastfeeding.aspx>) babies usually take smaller, more frequent feedings than formula-fed infants.



If your baby **sleeps** (</English/ages-stages/baby/sleep/Pages/default.aspx>) longer than 4 to 5 hours during the first few weeks after birth and starts missing feedings, wake them up and offer a bottle.

- **By the end of the first month**: Your baby will be up to at least 3 to 4 ounces (120 mL) per feeding, with a fairly predictable schedule of feedings about every 3 to 4 hours.
- **By 6 months**: Your baby will consume 6 to 8 ounces (180–240 mL) at each of 4 or 5 feedings in 24 hours.

Formula feeding based on body weight

On average, your baby should take in about 2 ½ ounces (75 mL) of infant formula a day for every pound (453 g) of body weight. But they probably will regulate their intake from day to day to meet their own specific needs, so let them tell you when they've had enough. If they become fidgety or easily distracted during a feeding, they're probably finished. If they drain the bottle and continues smacking their lips, they might still be hungry.

There are high and low limits, however. If your baby consistently seems to want more or less than this, discuss it with your pediatrician. Your baby should usually drink no more than an average of about 32 ounces (960 mL) of formula in 24 hours. Some babies have higher needs for sucking and may just want to suck on a pacifier after feeding.

On-demand feeding

Initially it is best to feed your formula-fed newborn a bottle on demand, or whenever they cry (</English/ages-stages/baby/crying-colic/Pages/Responding-to-Your-Babys-Cries.aspx>) with hunger. As time passes, your baby will begin to develop a fairly regular timetable of their own. As you become familiar with their signals and needs, you'll be able to schedule their feedings around their routine.

Eating & sleeping patterns

Between 2 and 4 months of age (or when the baby weighs more than 12 lb. [5.4 kg]), most formula-fed babies no longer need a middle-of-the-night feedings. They're consuming more during the day, and their sleeping patterns have become more regular (although this varies considerably from baby to baby). Their stomach capacity has increased, too, which means they may go longer between daytime feedings—occasionally up to 4 or 5 hours at a time.

If your baby still seems to feed very frequently or consume larger amounts, try distracting them with play (</English/family-life/power-of-play/Pages/default.aspx>) or with a pacifier. Sometimes patterns of obesity begin during infancy, so it is important not to overfeed (</English/ages-stages/baby/feeding-nutrition/Pages/How-Often-and-How-Should-Your-Baby-Eat.aspx>) your baby.

Getting to know your baby's feeding needs

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The most important thing to remember, whether you breastfeed or bottlefeed, is that your baby's feeding needs are unique. No book—or website—can tell you precisely how much or how often they need to be fed or exactly how you should handle them during feedings. You will discover these things for yourself as you and your baby get to know each other.

More information

- [How Often and How Much Should Your Baby Eat? \(/English/ages-stages/baby/feeding-nutrition/Pages/how-often-and-how-much-should-your-baby-eat.aspx\)](/English/ages-stages/baby/feeding-nutrition/Pages/how-often-and-how-much-should-your-baby-eat.aspx)
- [Making Sure Your Baby is Getting Enough Milk \(/English/ages-stages/baby/breastfeeding/Pages/Making-Sure-Your-Baby-is-Getting-Enough-Milk.aspx\)](/English/ages-stages/baby/breastfeeding/Pages/Making-Sure-Your-Baby-is-Getting-Enough-Milk.aspx)
- [Is Your Baby Hungry or Full? Responsive Feeding Explained \(/English/ages-stages/baby/feeding-nutrition/Pages/Is-Your-Baby-Hungry-or-Full-Responsive-Feeding-Explained.aspx\)](/English/ages-stages/baby/feeding-nutrition/Pages/Is-Your-Baby-Hungry-or-Full-Responsive-Feeding-Explained.aspx) (Video)
- [Remedies for Spitty Babies \(/English/ages-stages/baby/feeding-nutrition/Pages/Remedies-for-Spitty-Babies.aspx\)](/English/ages-stages/baby/feeding-nutrition/Pages/Remedies-for-Spitty-Babies.aspx)

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