

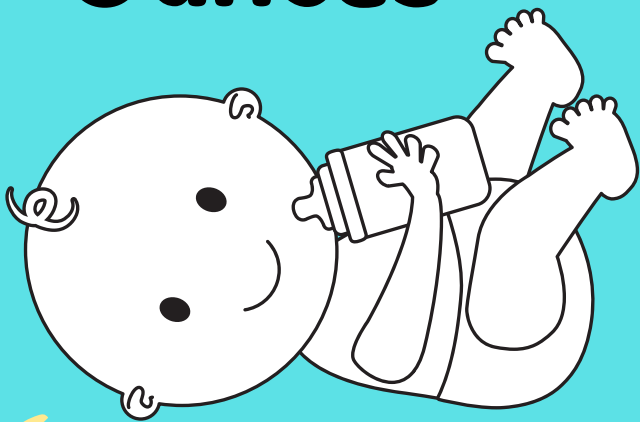
HOW TO CALCULATE HOW MUCH BREAST MILK TO PUMP EACH DAY

Babies 1-6 months old drink between 19-30 oz. per day

Remember, some babies will eat less from a bottle and will make up for it on the breast. Others will want more if they're going through a growth spurt.

How to figure out how much your baby needs:

1. Convert Baby's Weight to Ounces



There are 16 oz. in a pound. So if your baby weighs 8 pounds 4 ounces, multiply 8x16 (128) and add the extra 4 ounces. (128+4=132)



2. Divide by 6

This figure represents the total ounces of breast milk that your baby will drink in a day.

$$132 / 6 = 22$$

3. Divide By the Number of Feedings

$$22 / 8 = 2.75$$



Take the total number of ounces per day and divide by how many feedings your baby does per day. This is how much should be in each bottle. Round up a bit in case your baby is hungry. If you will be away from your baby for four feedings, you'll need to pump enough for four bottles.

