

HOW MUCH BREASTMILK BABIES NEED BY AGE

0-24 MONTHS OLD

0-1 MONTH OLD

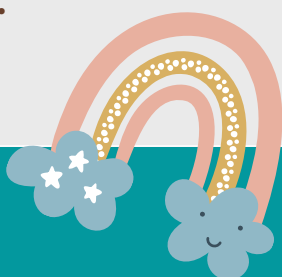
AMOUNT PER FEEDING: 2-4 OZ.
EVERY 2-3 HOURS

2-3 MONTHS OLD

AMOUNT PER FEEDING: 5-6 OZ.
EVERY 3-4 HOURS

3-5 MONTHS OLD

AMOUNT PER FEEDING: 6 -7 OZ.
EVERY 3-4 HOURS



6-9 MONTHS OLD

AMOUNT PER FEEDING: 7-8 OZ.
EVERY 4-6 HOURS

9-12 MONTHS OLD

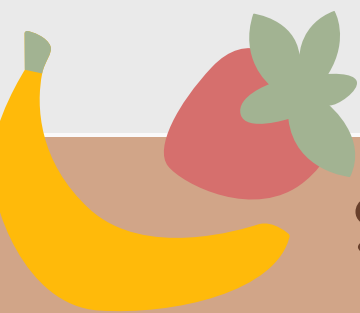
AMOUNT PER FEEDING: 7-8 OZ.
EVERY 4-6 HOURS

FEED BABIES MILK, THEN SOLIDS



12-24 MONTHS OLD

- YOU CAN CONTINUE BREAST FEEDING ON DEMAND 3-4 TIMES A DAY
- FEED YOUR BABY SOLIDS BEFORE MILK
- CAN SWITCH TO WHOLE COW'S MILK IF DESIRED, NO MORE THAN 2-3 CUPS PER DAY
- SWITCH FROM BOTTLES TO SIPPY CUPS



SOLID FOOD IDEAS

BREAKFAST

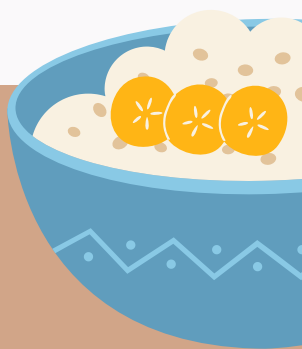
Banana Oatmeal
Pancakes
Yogurt

LUNCH

Meatball Soup
Chicken Soup
Honey Pasta

DINNER

Zucchini Frittata
Potato Soup
Scrambled Eggs



STAGE 1:

BREAST MILK/
FORMULA
ONLY



CALORIES EXCLUSIVELY
FROM MILK

STAGE 2:

INTRODUCING
SOLIDS



HALF OF CALORIES
FROM MILK

STAGE 3:

WEANING



CALORIES MOSTLY
FROM SOLIDS