



## Newborn Feeding Guide

Newborn feedings are much smaller than most of us think in the really early days, because their stomachs are so tiny! As each drop of colostrum or milk is removed from mom, more is made, so as baby's stomach grows—and appetite grows—mom's milk supply will also grow.

### Day 1

- Size of Baby's Stomach: A marble
- Amount of Milk: It holds about 5-7 mLs or 0.15-0.25 oz. or 1-1.5 teaspoons per feeding
  - Note that: Bottles of formula given in the hospital are 2 oz. It's usually given with the instruction to stop by 15 mLs, but most of the time baby is over-fed. Once a baby is over-fed, they tend not to go back to mom's breast to remove colostrum. This can interfere with the feedback loop of "remove colostrum or milk to make more," so it is preferable that small medicine cups, syringes and spoons are best to gauge amounts baby needs in the first 48 hours, rather than bottles.

### Day 3

- Size of Baby's Stomach: A walnut
- Amount of Milk: It holds about 22-27 mLs or 0.75-1 oz. or 4-6 teaspoons per feeding

### Day 7

- Size of Baby's Stomach: A small apricot
- Amount of Milk: It holds about 45-60 mLs or 1.5-2 oz or 3-4 Tablespoons per feeding

### Week 3-4:

- Size of Baby's Stomach: An egg
- Amount of Milk: It holds about 80-150 mLs or 2.5-5 oz or 5-10 Tablespoons per feeding

This guide was created in collaboration with Carrie Dean, IBCLC for Expectful, Inc.