

# Baby's First Year of Feeding

Between birth and 6 months, your baby will need an average of 2 to 2.5 ounces of breast milk or formula per pound daily. So if your baby weighs 10 pounds, she'll need between 20 and 25 ounces per day.

As your baby begins to eat solid foods, erratic feeding habits are normal. She may have days when she just wants to breastfeed or take a bottle. Make feeding time fun!



**We know babies.**

AGES & STAGES	FOOD TYPE	HOW MUCH (breast milk/formula)	HOW OFTEN	DEVELOPMENTAL SKILLS
Newborn	Breast milk and/or formula.	1 – 2 ounces	6 to 10 bottles per day	Practices instinctive sucking motion.
1 – 5 months	Breast milk and/or formula.	3 – 4 ounces	7 to 10 bottles per day	Tongue still pushes out food and baby still has a sensitive gag reflex. Still inclined to suck but not chew.
5 – 9 months	Introduce starter foods, such as mashed avocado and pureed banana, applesauce, squash and sweet potatoes.	4 – 6 ounces	4 to 5 bottles per day	Gag reflexes lessen; baby sits erect in a high chair and begins teething; thumb-and-index finger pickup of food begins.
9 – 12 months	Introduce a broader variety of mushy foods such as wild salmon, quinoa and oatmeal. Slowly introduce healthy oils such as olive and flax.	6– 8 ounces	3 to 4 bottles per day	Holds own bottle; tries self-feeding; smears, enjoys mess; reaches for food and utensils.

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