

IF BABY NEEDS MORE MILK

This fact sheet is for healthy, full-term (37+weeks) babies who are:

- Not latching or feeding well at the breast/chest
- Not gaining weight well
- Not having enough wet/dirty diapers for their age

If your baby needs more breast/human milk* or infant formula (commercial cow milk-based) until feeding well at the breast, follow the guide below. Consult with your healthcare provider to assess position and latch.

This is a guideline only. Always follow your baby's feeding cues.

Baby's age	Minimum number of feeds in 24 HOURS	Amount PER FEEDING		Approximate Total Amount in 24 Hours	
		Ounces (oz)	Millilitres (ml)	Ounces (oz)	Millilitres (ml)
Birth to 24 hours	8	0.25 to 0.5 oz	2 to 10 ml	1.5 to 2 oz	40 to 60 ml
24 to 48 hours	8	0.25 to 0.5 oz	5 to 15 ml	2.5 to 4 oz	80 to 120 ml
48 to 72 hours	8	0.5 to 1 oz	15 to 30 ml	4 to 8 oz	120 to 240 ml
72 to 96 hours	8	1 to 2 oz	30 to 60 ml	8 to 16 oz*	240 to 480 ml*
4 to 7 days	8	1 to 2 oz	30 to 60 ml	10 to 20 oz	300 to 600 ml
1 to 4 weeks	8	2 to 3 oz	60 to 90 ml	15 to 25 oz	450 to 750 ml
1 to 6 months	8	3 to 5 oz	90 to 150 ml	25 to 35 oz	750 to 1035 ml

Volumes are approximate (1 oz = 28.5 ml)

* Based on approximate per feeding amount and minimum number of feeds per day.

PUBLIC HEALTH

1-800-361-5653

TTY 1-866-512-6228

york.ca/breastfeeding

22-5526

How much to offer in 24 hours

- In addition to offering your baby the breast at each feed, use the chart below for an approximate amount of breast milk or infant formula to give to your baby
- The amounts are based on your baby's age

How much to offer per feeding

- Follow your baby's feeding cues to know when to feed and how much to feed
- Your baby may take different amounts at each feeding
- If amounts are smaller, your baby will need to feed more often

What to feed your baby until breastfeeding is well established

- Your own breast milk is the best choice, including expressed breast milk
- Pasteurized, donor human milk from an accredited milk bank would be an optimal second choice, although currently it is only available in Ontario for hospitalized and premature infants
- Infant formula (commercial cow milk-based) may be needed if there is not enough breast milk available
- Follow instructions on the label when making infant formula and click on the link below for further guidance
- Video: **Safely Preparing Infant Formula for Your Baby** by York Region Public Health

Do not give water to babies before six months of age.

Avoid sugar water at any age.



How to give expressed breast milk or infant formula

- Speak to a public health nurse or health care provider about choosing a feeding method that would best meet your baby's needs: tube at breast, cup, finger feeding tube or bottle
- It should take about 20 minutes to feed your baby and should not be stressful for your baby
- Avoid artificial nipples if possible as this may interfere with breastfeeding success

Once baby is latching and feeding well at the breast

- Your breasts feel fuller before and softer after feeding
- You hear swallows at the breast every 1-3 sucks
- Diapers are appropriate for baby's age
- Your baby is satisfied after feeds
- Your baby will breastfeed at least eight times in each 24 hours, with some feedings clustered together
- Keep expressing breast milk until your baby is breastfeeding well and no longer needs extra expressed breast milk or infant formula

For more information on infant feeding or any other health-related topic contact York Region Health Connection 1-800-361-5653, TTY 1-866-512-6228 or visit york.ca/breastfeeding or york.ca/feedingkids



Scan me
for more information
about breastfeeding

Disclaimer

*The terms breast milk/breastfed/breastfeeding are widely used, but human milk/ chestfed/chestfeeding can be used interchangeably.

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