

Maryanne Sayers

BABY SLEEP EDUCATOR



BREAST / BOTTLE FEEDING GUIDELINES

* This is a guide only, and on the basis that all my Foundations are in place.

Age	Approx. number of feeds during daytime (including bedtime feed)	Approx. number of feeds during night-time	Total number of feeds in 24 hour period	Total length of breastfeed	Bottle-feed amount (if formula fed)
0 to 2 months	5 full feeds for first 5 to 6 weeks. Going to 4 full feeds around 6 to 8 weeks.	3 full feeds overnight and going to 2 full feeds overnight by around 6 to 10 weeks	7 to 8 full feeds	Approx 40 /45 mins (gradually decreasing as weeks go by)	Follow guidelines on formula packaging
3 to 4 months	4 full feeds	2 full feeds overnight	6 full feeds	Approx 20 / 25 mins	Follow guidelines on formula packaging
5 to 6 months	4 full feeds	1 or 2 full feeds overnight	5 full feeds	Approx 10 / 15 mins at 5 months Approx 5 / 10 mins at 6 months	Follow guidelines on formula packaging
7 to 8 months	3 full feeds (though 4 feeds is still OK, provided not just before a nap)	Zero feeds overnight (1 full feed is OK up to 7.5 months, but after 7.5 months your baby should be on zero feeds overnight)	3 full feeds (daytime feeds only)	Approx 5 / 10 mins	Follow guidelines on formula packaging
8 to 12 months	3 full feeds (breakfast time, lunch time and bedtime)	Zero feeds overnight	3 full feeds (daytime feeds only)	Approx 5 mins	Follow guidelines on formula packaging