



How often & how much should your baby eat?

Along with paying attention to your baby's growth pattern, your pediatrician will also help you monitor your little one's growth to help ensure he is eating enough.

Is he getting enough?

If you're wondering whether or not your baby is getting enough breastmilk or formula, it's good to use his own hunger and fullness cues as a general guide. Read "[How to know your Newborn is getting enough](#)" to find out what they are.

Here are a few more helpful hints to keep in mind from the American Academy of Pediatrics:

- Younger babies feed more frequently than older babies. Young babies should be fed about 8 to 12 times in a 24-hour period. Newborn breastfed babies usually feed about every 2 to 3 hours, which tends to be more frequently than formula-fed babies.
- By the end of the first month, he may be drinking about 3 to 4 fl. oz. every 3 to 4 hours.
- If your baby has 6 to 8 wet diapers a day and seems satisfied after feeding,

it's a good sign that he's getting enough.

- Your baby may not eat the same amount each day, so pay attention to his hunger and fullness cues to tell you when he has had enough.
- When babies weigh more than 12 pounds, most formula-fed babies no longer need a feeding in the middle of the night. He will be feeding more during the day and his sleeping patterns will become more regular. However, this will certainly vary from baby to baby.

Growth check

You might notice at each checkup that your baby's pediatrician will measure your baby's length, weight and head circumference, and plot the information on a growth chart. What's most important is that your baby continues to grow in their own steady way. Don't hesitate to ask your doctor if you have any questions.