

# Baby's First Feeding Tracker



## Feeding Chart

Date	Feeding time	Amount per feeding	Baby's reaction	Total amount per day
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Keep track of your newborn's eating habits and share the information with your pediatrician. This will help the doctor determine whether your baby is getting enough to eat, and whether any changes might be needed. You can even download and print more charts at [www.Similac.com/feedingcharts](http://www.Similac.com/feedingcharts).

# Mom's Guide to Feeding

## Average Similac® Infant Formula Feeding Guidelines

Age	Average # of feedings in 24 hours	Average amount per feeding	Average amount per day
1-2 weeks	6-10	2-3 fl oz	12-30 fl oz
3-4 weeks	6-8	3-4 fl oz	18-32 fl oz
1-2 months	5-6	4-5 fl oz	20-30 fl oz
2-3 months	5-6	5-6 fl oz	25-36 fl oz
3-4 months	4-5	6-7 fl oz	24-35 fl oz
4-7 months	4-5	7-8 fl oz	28-40 fl oz
7-9 months	3-4	7-8 fl oz	21-32 fl oz
9-12 months	3	7-8 fl oz	21-24 fl oz

Each baby has his own nutritional needs. As long as your baby is growing properly, there is no need to alter the amount of feedings you are giving him. As a guideline, you may refer to the table above to see the average range of feedings for babies of various ages.