





Mini Feeding Guide for Babies

0-24 Months

*This is a general guideline and every baby is different. Always pay attention to your baby's **hunger & fullness cues**.**

 Age	 Breastmilk	 Formula	 Solids	Additional information
0-3 months	On demand. Typically every 2-3 hours or 8-12 times over 24h period.	Typically every 2-3 hours, 60-90 ml (2-3 oz) per feeding	None	Exclusive breastfeeding is recommended. Breastmilk/formula is the only source of nutrition.
3-6 months	On demand. Typically every 3-4 hours, 5-8 times over 24h period	Typically every 3-4 hours, 120-180 ml (4-6 oz) per feeding	None	Exclusive breastfeeding is recommended. Breastmilk/ formula is the only source of nutrition. Towards the end of this period, start watching for signs of readiness to start solid foods, such as good head control, interest in food, and ability to sit with minimal support.
6-8 months	On demand. Typically every 3-4 hours, 5-8 times over 24h period	Typically 3-5 feedings per day, 180-240 ml (6-8 oz) per feeding	1-2 meals + optional snack	Continue breastfeeding if possible. Breastmilk/ formula is the main source of nutrition. Start introducing solid foods as soon as the baby is ready. Start with one meal per day and gradually increase to 2-3 meals. Practice drinking from an open cup and offer small amounts of water during meals for hydration.
8-10 months	On demand. Typically every 4 hours, 4-6 times over 24h period	Typically, 3-4 feedings per day, 180-240 ml (6-8 oz) per feeding	2-3 meals + 1-2 snacks	Continue breastfeeding if possible. Breastmilk/formula provides 50-60% of nutrition. Introduce a wider range of foods, including more complex textures. Encourage self-feeding.
10-12 months	On demand. Typically every 4 hours, 3- 5 times a day.	Typically 2-3 feedings per day. 180-240 ml (6-8 oz) per feeding	3 meals + 2 snacks	Continue breastfeeding if possible. Breastmilk/formula provides 30-50% of nutrition. Babies this age start developing food preferences. Keep offering a variety of foods.
12-18 months	On demand. Typically 2-3 times a day, in the morning and before sleep.	Typically 1-3 feedings per day. Transition to whole milk, but if using formula, maximum 720 ml (24 oz) per day.	3 meals + 2-3 snacks	Continue breastfeeding if possible. Formula can be replaced with whole cow's milk. By the end of 18 months, the baby should completely transition from the bottle to an open cup to promote oral motor development and prevent dental issues. Balance formula intake with other dairy sources, as excess calcium interferes with iron absorption. Solids become the primary source of nutrition.
18-24 months	On demand. Typically 1-2 times a day, before sleep.	Typically 1-2 feedings per day. Whole milk is recommended, but if formula is used, maximum 720 ml (24 oz) per day.	3 meals + 2-3 snacks	Continue breastfeeding if possible. Formula should be replaced with whole cow's milk from an open cup. It is also fine if the baby doesn't take any milk when diet is balanced. Solids are the primary source of nutrition.



*Hunger and Fullness Cues:

- **Younger Babies:** Show hunger cues by rooting, making sucking motions, lip-smacking, bringing hands to their mouth, fussiness or crying. Fullness cues include turning away, slowing or stopping sucking, losing interest, or appearing relaxed.
- **Older Babies:** May point, reach for food, verbally request it, or bring food to their mouth. Fullness cues include pushing food away, verbally indicating they are done, becoming consistently distracted. Playing with food, throwing food and becoming distracted can sometimes indicate fullness but may also happen due to developmental exploration.

Notes:

- Breastfeeding is not only about nutrition but also about connection and comfort. In some periods, such as teething, growth spurts, illness, or when the baby is feeling insecure, they may nurse more often.
- Follow the manufacturer's instructions for preparing the formula.
- Always supervise your baby while eating.
- Consult with pediatrician for personalized feeding recommendations based on your baby's individual needs and development.

References:

- American Academy of Pediatrics (AAP)
- Centers for Disease Control and Prevention (CDC) - Infant and Toddler Nutrition
- World Health Organization (WHO) - Infant and Young Child Feeding
- UNICEF- Feeding your baby

Disclaimer:

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