

Baby Feeding Chart, Birth to 12 Months

Milk, solid meals and how food is served, by age. Every number names its source.

Age	Breast milk	Formula	Solid meals	How food is served
First week	On demand, 8 to 12 feeds a day (CDC, WIC); AAP says 10 to 12	1 to 2 oz a feed (CDC); no more than about 1 to 2 oz (AAP); WIC says 2 to 3 oz	None	Not yet
2 to 4 weeks	Every 2 to 4 hours (CDC)	Building to 3 to 4 oz a feed (AAP), every 3 to 4 hours (AAP, CDC)	None	Not yet
1 to 2 months	Every 2 to 4 hours (CDC)	At least 3 to 4 oz, about every 3 to 4 hours (AAP)	None	Not yet
2 to 4 months	Every 2 to 4 hours; may have a longer sleep of 4 to 5 hours (CDC)	No amount per feed given; follow your baby's cues; day gaps occasionally up to 4 or 5 hours; no more than about 32 oz a day (AAP)	None	Not yet
4 to 6 months	On demand (AAP)	By 6 months, 6 to 8 oz at 4 or 5 feeds (AAP)	Not before 4 months; about 6 months (CDC)	Watch for the three signs of readiness (NHS)
6 months	On demand (WIC)	6 to 8 oz at 4 or 5 feeds (AAP); about 24 to 32 oz a day (WIC)	1 to start (WIC); WHO says 2 to 3	Soft finger length strips, or mashed on a preloaded spoon (Sito table)
7 to 8 months	Around 4 milk feeds (NHS)	About 24 to 32 oz a day (WIC); NHS says around 600 ml	2 to 3 (WHO); moving toward 3 (NHS)	As at 6 months (Sito table); slightly coarser at about 8 months (AAP)
9 to 11 months	About 3 milk feeds from 10 months (NHS)	Roughly 24 oz a day (AAP, WIC); NHS says about 400 ml from 10 months	3 to 4 (WHO); 3 from 10 months (NHS)	Soft pieces about 1 cm to pinch, or mashed with lumps (Sito table)
12 months	Can go on (WHO)	Not needed; whole cow's milk, about 16 oz a day (NHS, CDC, AAP)	3 meals; may also need 2 snacks (NHS)	Chopped family food (Sito table)

Every baby is different: follow your baby's hunger and fullness cues. Before 12 months: no honey, no juice and no cow's milk (CDC, AAP); the NHS allows cow's milk in cooking from around 6 months. Stay with your baby at every meal, sitting up (CDC). Questions about how much your baby eats or grows? Ask your pediatrician. Each number names its source: AAP (HealthyChildren.org), CDC, USDA WIC, WHO, NHS; food shapes from Sito's first-foods table. From 4 months, Sito shows how to serve each food at your baby's age. sito.kids/blog/baby-feeding-schedule-by-month, October 2026. General information, not medical advice: your baby's doctor has the final word.

Made by Sito, a food app for babies, toddlers and kids. Scan to open this chart online.

