

## Appendix 1 – Milk Intake by Age for Breastfed Babies

**Babies should increase their weight by 28g pr day after day 4.**

Baby's Age	Average Milk Volume per Feeding	Average Milk Intake Per Day
First week (After Day 4)	1-2 oz. (30-59mL)	10-20 oz. (300-600mL)
Weeks 2 and 3	2-3 oz. (59-89 mL)	15-25 oz. (450-750 mL)
Months 1-6	3-5 oz. (89-148 mL)	25-35 oz. (750-1035 mL)

Mohrbacher & Kendall- Tackett, 2005. (Breastfeeding Answers A Guide for helping Families Nancy Mohrbacher IBCLC FILCA)

Average weight gain in the first four months is 4-7 ounces (125/200g) per week.

Signs of effective/ineffective feeding is the Breastfeeding Assessment form (Postnatal book page 12/ UNICEF Baby Friendly Initiative)