



## Formula: How Much is Enough? – Guidelines for Child Care Providers

Many parents may ask “how much formula should my baby have each day?”. Below are tips on the right amounts to feed a formula fed infant. Remember though that each infant will be different and to watch for hunger cues.

### Amount and Time of Feedings

A formula fed infant will often get hungry about every 3 to 4 hours, but some infants may be hungry more often if they are going through a growth spurt.

### Signs of Good Nutrition

A way to tell if a formula fed infant drinks enough formula is to check his/her diapers.

- *Urinating* – An infant should have around 6 well-soaked diapers per day and urine should be colorless. If you do not see this, let the parents of the infant know and encourage them to discuss this with their health professional.
- *Stooling* – In the first two months of life, an infant can stool after every feeding. This amount will often decrease once the infant gets older. Stools should be soft, if they are not, let the parents of the infant know and encourage them to discuss this with their health professional.

### How Much

Below is a **rough** guide to tell you how much to feed an infant who is using formula. Please note that every infant will be different! Remember that all formula fed infants should be on an iron-fortified formula unless a health professional recommends another formula.

Age	Ounces Each Feeding	Ounces Every 24 Hours
Birth to 1 Month	2 - 4	14 - 18
1 to 2 Months	4 - 6	24 - 38
2 to 3 Months	4 - 8	28 - 30
3 to 4 Months	6 - 8	30 - 32
4 to 6 Months	6 - 8	30 - 40
6 to 9 Months	6 - 8	24 - 32
10 to 12 Months	6 - 8	24 - 32