# PUMPED BREASTMILK

## How much does your baby need?

## BEFORE SOLIDS INTRODUCED

- Age 1-6 months: Babies need 1-1.25 ounces of breast milk per hour

  *Example: A 3 ounce bottle every 3 hours*

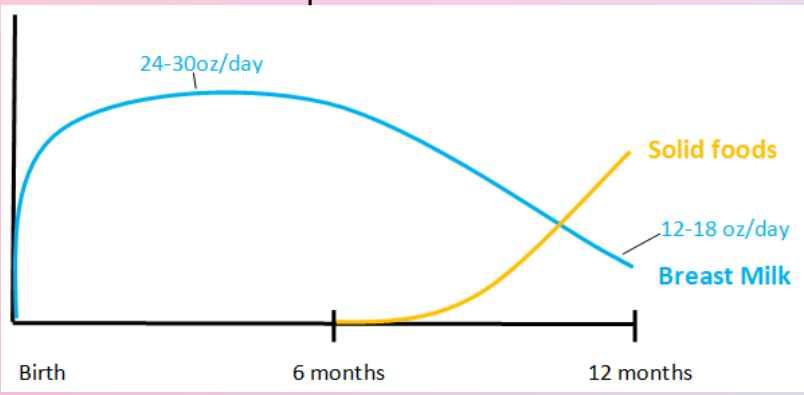
- Most breastfed babies should use a slow flow nipple to prevent a flow preference with bottle use. The nipple size or flow should not increase in size as the baby gets older.

- "Paced bottle feeding" helps mimic feeding at the breast. A single bottle feed may take 15 minutes or more. For a demonstration of paced feeding, search "Paced Bottle Feeding by IABLE" (https://youtu.be/OGPm5SpLxXY)

## AFTER SOLIDS INTRODUCED

- Age 6-12 months: The volume of breastmilk does not increase!

- Once solids are introduced, the volume may decrease gradually to less than an ounce per hour.




*Example: A 9 month-old baby may now take 8 ounces total in a 10 hour work day, though they previously took 12 ounces. This is normal.*

- Continue to use slow flow nipples and paced bottle feeding
- Exclusively breastfed babies rarely drink more than 4 ounces at a single feed. (This is not the same as with formula)

*References:*

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