









































The Ultimate Feeding Guide

Your Baby's First Year*

	Newborn
	16-23 oz/ day
	Avg 6-10 bottles of 2-3oz of milk
	Size 1 Nipple
	Poop: First poops will be greenish/black or tar-like during first week of life a breastfed baby's poop will transition to yellow and seedy, runny, pasty, and smells sweet. A formula fed baby's poop will transition to yellow to dark brown, thick like peanut butter, smells like poop. Your baby can poop 5-12 times a day, often after every feed.
	1 Month
	21-29 oz/day
	Avg 7-8 bottles per day with 3-4 oz of milk each
	Size 1 Nipple
	Breastfed Poop: Yellow and Seedy, like cottage cheese and dijon mustard. Formula Fed Poop: Yellow to Dark Brown, thick and pasty, smells like poop. Poops 3-4 times a day.
	2 Months
	25-35 oz/day
	5-6 bottles of 4-5 oz each
	Size 1 Nipple
	Breastfed Poop: Breastfed Poop: Yellow and Seedy, like a little bits of quinoa in a yellow curry Poops 1x a day to every few days or even one week between poops. Formula Fed Poop: Yellow to dark brown, smells like poop. Poops 1x a day, shouldn't go longer a week without pooping unless the pediatrician is following.
	3 Months
	30-36 oz/day
	5-6 bottles of 6-7 oz each
	Size 2 Nipple
	Breastfed Poop: Still yellow and runny! Can poop 1x a day or a week without pooping Formula Fed Poop: Like yellow or brown hummus, smells like poop. Poops 1x a day. Pellets = Constipation. Talk with your healthcare provider.
	4 Months
	30-36 oz/day
	5-6 bottles of 6-7 oz each
	Size 2 Nipple
	Breastfed Poop: Still looks like mustard! Might turn darker with iron fortified baby food 1x a day or every few days. Formula Fed Poop: Like Almond Butter, but darker 1x a day. Watch out for hard nuggets. Talk with your healthcare provider.
	5 Months
	33-36 oz per day
	5-6 bottles at 6-7 oz.
	2 or 3 nipple
	Breastfed Poop: Starts to get thicker and darker as you introduce food. Poops 1x a day to 1x a week. Formula Fed Poop: Looks like yesterday's guac. Green to brown as you introduce food. 1x a day. If constipated, consider switching formula.
	6 Months
	28-32 oz a day
	4-5 bottles of 7-8 ounces
	3 or 4 nipple
	Formula and breastfed poop will start to look the same- brown- when baby starts solids. Flecks of food are normal! 1x a day or every couple of days. More than 4 poops a day call your doctor.
	7 -12 Months
	25-32 oz per day
	3-4 bottles of 7-8 oz
	4 nipple
	Poop will change color with solids that they eat.

*These feeding recommendations were developed by Bobbie's team of Medical Advisors, including Pediatricians and Registered Dietitians. Sources: WHO growth standard charts & The Academy of Nutrition and Dietetics Pediatric Nutrition Care Manual. These recommendations are based on normal growth patterns for healthy term infants and are provided as general guidance. Always consult your infant's healthcare provider to ensure their unique needs are being met.

Poop Red Flags 🦘

WHEN TO SEEK MEDICAL HELP

-  **Red Poop** signifies fresh blood.
-  **White Poop** signifies GI issues, liver disease.
-  **Black Poop** signifies usually too much iron or old blood.

Burp it Out! 🌬️

WHO?

Newborn to about 6 months.

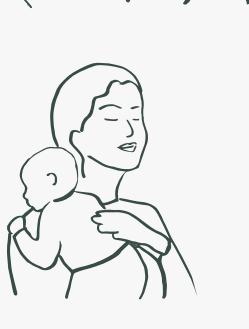
WHAT?

Every 10 minutes OR halfway through the bottle.



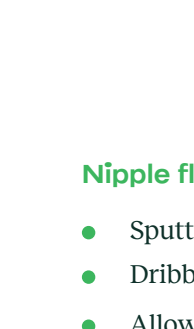
THE UPRIGHT LAP

- Sit baby upright on your lap facing away from you
- Lean her forward and support with your hand
- Use other hand to pat and rub her back



THE LAYDOWN LAP

- Lay baby on his belly on your lap
- Turn his head to one side
- Pat and rub his back



THE CLASSIC SHOULDER

- Hold baby upright
- Let her head fall over your shoulder
- Pat and rub her back

Bottle Nipple Tips 🍋

Nipple flow is too fast: Considering going down

- Sputtering, coughing, choking
- Dribbles excessive milk
- Allow milk to pool in mouth

Nipple size is too slow: Consider going up

- Takes longer than 20 min to eat
- Tugs at the bottle teat
- Collapsing the nipple
- Crying with frustration

When are you ready to move to the next one?

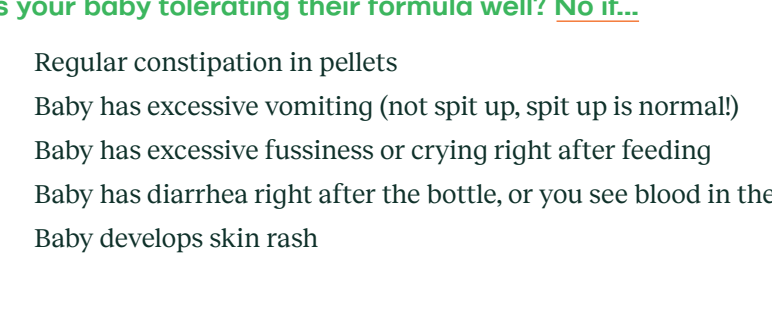
- Baby is sucking on it really hard and nipple gets flat
- Baby gets irritable when they feed
- Takes a long time to feed
- Eats less but is hungry quicker

Nipple Flows

Slow Flow (0-3 months) 

Medium Flow (3-6 months) 

High Flow (6+ and up) 



Is your baby tolerating their formula well? No if...

- Regular constipation in pellets
- Baby has excessive vomiting (not spit up, spit up is normal!)
- Baby has excessive fussiness or crying right after feeding
- Baby has diarrhea right after the bottle, or you see blood in the poop

Is your newborn baby getting enough milk? No if...

- They are lethargic and sleepy and are not waking up for feeds.
- Any sign of yellow skin below the neck is a sign of jaundice.
- Baby falls asleep shortly after feed starts. Or it takes longer than 30-40 minutes to feed.
- Baby should be back to birth weight within 10-14 days after birth.
- Baby should gain 5.5-8.5 ounces a week
- Should be having about 4 wet diapers a day

More on Feeding 🍼

Did you know?

- The noise a baby makes while gulping milk is called the **K'ah noise**.
- **Milk Drunk** is when your baby is so well fed they pass out and smile in your arms.
- **Milk Neck** is the name for a baby who gets milk stuck in their neck fat rolls.
- **All babies- breast or formula fed- will:** Spit up. Cry. Have Gas. Can have bouts of diarrhea. Constipation. Baby Acne.

Growth Spurts - Feed Away!

- 7-14 days of age
- 3-6 weeks
- 4 months
- 6 months

Feeding Positions:

- Cradle Hold - 45 degrees get them in your arm nook
- Head higher than body
- Make sure that milk has always filled nipple
- Continue to tilt the bottle higher as the bottle drains to avoid air and gas.