

Fluid OZ Goals

The Baby Years

	Breastfeeding	Bottle Feeding
Newborn	feeds every 1-3 hours *can cluster feed	1-2 oz 8 to 10 times a day
1-3 months	feeds every 2-3 hours	3-4 oz 6 to 8 times a day
4-5 months	on demand every 2-3 hours *can sleep though the night	4-6 oz 6 to 8 times a day
6-12 months	on demand *breastfeed first and then offer solids	7-8 oz 4 to 6 times a day

The Toddler Years

Your child is a year old! It is now time to transition away from the bottle and to whole milk. It is important to now view milk as more of a supplemental drink with meals rather than a meal itself.

Intake Goal: 16-24 oz a day from a sippy or open mouthed cup

Water: How Much?

At 6 months you can start introducing sips of water!

6-12 months: 4-8 oz a day
*encourage sips with meals and practice with cups

12-24 months: 16-32 oz a day

