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How does this formula feeding calculator work? This is a useful calculator for all mothers that are concerned whether their baby has enough formula and about which is the recommended amount they should be giving to their baby. The formula feeding calculator is designed to answer this important and sometimes stressing question for new mothers by taking into account the age and weight of the baby. There are different stages in the baby's formula intake and this varies from newborns to infants and according to how much they weight. Formula feeding guidelines Here are the guidelines to be followed according to age and taking into consideration the standard infant formula with 67 calories per 100 ml. These recommendations are also affected by whether the baby has been diversified and also eats solids. Age Formula Preterm 180ml per kilogram per day. 5 days to 3 months 150ml per kilogram per day. 3 to 6 months 120ml per kilogram per day. 6 to 9 months 100ml per kilogram per day. 9 to 12 months 60-90ml per kilogram per day. Source: National Health & Medical Research Infant Feeding Guidelines. 2013, page 79. How much formula each feed? Although the 24h quantity of formula depends largely on the baby's weight. The amount that is given each feeding varies with age and according to the digestive capacity of the baby. Here are some recommendations: Age Formula up to 2 weeks around 70 ml up to 1 month 75 - 105 ml between 1 and 3 months 110 - 150 ml between 3 and 4 months 150 - 220 ml between 4 and 6 months 200 -210 ml after 6 months 150-200 ml Example calculation Let's take the case of a baby aged 3 months with a weight of 5 kg and 800 grams. ■ The quantity of formula your baby should have in a 24h period is between 870 ml and 1044 ml. ■ At this age, each feed should consist of around 150 to 220 ml. References 1) Unicef UK. (2007) Health Professionals's guide. 2) Stuebe A. (2009) The Risks of Not Breastfeeding for Mothers and Infants Rev Obstet Gynecol; 2(4): 222-231 29 Apr 2015 5 Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. 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One of the benefits of formula-feeding your baby is that you can track almost exactly how much they're eating – but knowing this information can raise a lot of questions, too. It doesn't help that the amount your baby needs may change week to week – and how much they'll eat could double over the course of a year. "The goal is to feed your baby the amount of formula they need in order to progress along a healthy growth curve over time," says Liz Donner, M.D., a pediatric hospitalist and member of the BabyCenter Advisory Board. If you're wondering if your exclusively formula-fed baby is getting too much, not enough, or just the right amount, these guidelines are for you. (If your baby is getting a combination of breast milk and formula, talk to their doctor for separate advice.) Newborns typically need 1 to 2 ounces of formula every 2 to 3 hours, gradually increasing to 2 to 3 ounces after the first few days. As your baby grows, they'll drink more per bottle and fewer bottles a day. A good rule of thumb for formula intake during the first 6 months is 2.5 ounces per pound of body weight, with a max of about 32 ounces in 24 hours, but every baby is different, so watch for hunger cues and growth patterns. Signs that your baby is getting the right amount of formula include steady weight gain, being satisfied after feedings, and having at least 5 to 6 wet diapers a day. If you're concerned about overfeeding or underfeeding, always check in with your pediatrician. How much formula for a newborn For the first few days, offer your newborn 1 to 2 ounces of formula every two to three hours. (At first, newborns may take only a half ounce of formula at a time.) After the first few days, give your newborn 2 to 3 ounces of formula every three to four hours. Initially, it's best to feed your formula-fed newborn on demand, whenever they show signs that they're hungry. Because your little one can't tell you when they want a bottle, you'll need to learn to read their hunger cues. Crying is often a late sign of hunger, so if you can, try to catch the earlier signs that it's time for a feeding. Here are some hunger cues to watch for: Smacking or licking their lips Rooting (moving their jaw, mouth, or head in search of food) Putting their hands to their mouth Opening their mouth Fussiness Sucking on things Becoming more alert Crying As time passes, your newborn will begin to develop a fairly regular feeding schedule. You'll become familiar with their cues and needs, and knowing when and how much to feed will be much easier. Formula feeding chart by weight During the first 4 to 6 months, when your baby isn't eating solid foods, here's a simple rule of thumb: Offer 2.5 ounces of formula per pound of body weight every 24 hours, with a maximum of about 32 ounces. WeightOunces of formula6 pounds15 fl oz every 24 hours7 pounds17.5 fl oz every 24 hours8 pounds20 fl oz every 24 hours9 pounds22.5 fl oz every 24 hours10 pounds25 fl oz every 24 hours11 pounds27.5 fl oz every 24 hours12 pounds30 fl oz every 24 hours These numbers aren't rigid rules. They offer a rough estimate for what your baby may need. Some babies will grow well while taking less than the recommended amount, while others consistently need more. Your baby's daily feedings will also vary according to their individual needs – in other words, they may want a bit more on some days and a bit less on others. Formula feeding chart by age Here are typical amounts per day based on age: AgeOunces of formulaFull-term newborn2 ounces every 3 to 4 hours1-month-old3 to 4 ounces every 3 to 4 hours2-month-old4 to 5 ounces every 3 to 4 hours3-month-old4 to 6 ounces every 3 to 4 hours4-month-old4 to 6 ounces every 4 to 6 times a day5-month-old4 to 6 ounces, 4 to 6 times a day6-month-old6 to 8 ounces, 4 to 5 times a day7-month-old6 to 8 ounces, 3 to 5 times a day8 to 12-month-old7 to 8 ounces, 3 to 4 times a day As your baby gets older – and their tummy gets bigger – they'll drink fewer bottles a day with more formula in each. It's important not to overfeed your baby so they'll stay at a healthy weight. Your baby shouldn't have more than 32 ounces of formula in 24 hours. When they reach their first birthday, they can stop drinking formula and transition to cow's milk in a bottle, sippy cup, straw cup, or open cup. Offer up to 16 to 24 cups (2 to 2.5 cups) a day of whole milk, so your toddler has room for other healthy foods. Signs that your baby's getting enough formula Here are signs that your baby's getting all the formula they need: Steady weight gain. They continue to gain weight after their first 10 days and follow a healthy growth curve during their first year. (Most babies lose up to 10% of their birth weight in the first few days and then regain it by the time they're about 2 weeks old.) Your pediatrician can tell you where your baby falls on a growth chart, make sure they're growing steadily on their own growth curve, and help you ensure that they're getting the right amount of formula. Happy baby. They seem relaxed and satisfied after a feeding. Wet diapers. They wet two to three diapers a day in the first few days after birth. Over the next few days, the amount should increase to at least five to six wet diapers a day. Signs your baby's getting too much formula Babies are usually good at eating the amount they need, but bottle-fed babies can drink too much at times. Here are the signs that they're getting too much formula: Vomiting after a feeding may be a sign that your baby had too much. (Spitting up is normal – vomiting isn't.) Tummy pain after a feeding can also be a sign of overfeeding. If your baby draws up their legs or their tummy seems tense, they may be in pain. (See other possible reasons for stomach pain in babies.) If your baby seems to want to eat all the time, even after finishing a bottle, talk to your pediatrician. Using a pacifier may soothe their need to suck. Formula-feeding tips In general, babies eat when they're hungry and stop when they're full, so resist the temptation to encourage your baby to finish each bottle. Overfeeding during infancy can contribute to obesity later in life. Don't respond to your baby's every cry with a bottle. They may be crying because they're diaper is wet, they're cold or hot, they need to be burped, or they want to be close to you. (Learn more about why babies cry and how to soothe them.) Your baby may be hungrier than usual during growth spurts. These typically occur 10 to 14 days after birth and around 3 weeks, 6 weeks, 3 months, and 6 months of age. When you're breastfeeding, figuring out whether your baby's getting the right amount to eat is usually a pretty simple calculation – if enough's coming out in the diaper, enough's going in. With bottle-feeding, however, there's some math to do. After all, you'll want to feed your newborn on demand when they seem hungry. Within a few months, she'll start to establish a routine that you'll use as the basis for a feeding and sleeping schedule. Can a baby eat too much formula?Healthy babies, when allowed to drink (and eventually eat) to their appetites without any prodding by parents, will grow at the rate that's normal for them. If your little one's weight is increasing at a steady clip and following a familiar curve, there's no need to worry that she's overeating. But if your baby's bottle becomes the liquid equivalent of an all-you-can-eat buffet, there's a chance she can easily get too much. Here are signs to look for that may indicate your baby is taking in more formula than she needs:Frequent spit-ups. Overfeeding can lead to overflow in the form of excessive spit-up. Put too much in her little tummy, and it's bound to come back up.Excessive weight gain. If your baby's weight seems to be consistently moving upward faster than her height, check with the doctor. She may be picking up too many pounds too quickly because she's taking in too much formula.If your pediatrician tells you that your baby seems to be overeating, there are a few things you can do to slow down her formula intake (and the rate of weight gain):Feed for the right reason. The right reason being because she's hungry. Not because she's unhappy, or because she's bored, or because she got a boo-boo, or because she's craving attention. Baby's recently fed but crabby? Offer comfort with a cuddle, not an extra feed. Baby's fussy after a meal? Consider that she may just need a burp, not a second serving.Offer your baby a pacifier to satisfy the need to suck. Or help her find her yummy fist or fingers. Some babies just need extra sucking (not an extra bottle) between meals or after a feed.Make sure you're not under-diluting the formula. Always check the label when you're mixing formula to make sure you're not inadvertently adding too little water, which can increase the baby's caloric intake considerably. If you can offer your baby water usually not recommended before solids are started at 6 months, a few sips of water could quench her thirst without filling her up. But don't over-dilute formula with water to cut down on her consumption of calories without a doctor's advice – this can lead to a sodium imbalance.Figuring out feeding times can feel like a lot at first. In the beginning, try to follow your baby's lead and keep the general rules of thumb for feeding times and amounts in mind as helpful guidesposts. (And if you have any questions, always ask the pediatrician.) Over time, the two of you will fall into a feeding rhythm and you'll get a sense for how much your little one needs to drink and when she's likely to expect a sip. You may be trying to access this site from a secured browser on the server. Please enable scripts and reload this page. How can financial brands set themselves apart through visual storytelling? Our experts explain how.Learn MoreThe Motorsport Images Collections captures events from 1895 to today's most recent coverage.Discover The CollectionCurated, compelling, and worth your time. 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Please note that these recommendations are based on the infant formula used in the United States. Newborn formula feeding scheduleHow much you might be looking for your newborn's stomachs cannot break down regular milk. Avoid giving milk to babies younger than 12 months of age. Getting startedInfant formulas can be a little bit different from one another. Always use the instructions on the can to make sure you are making it right for your baby. It is safest to feed your baby as soon as you make the formula. Only make 1 bottle at a time. Here is a list of steps for you to follow:Clean all preparation areas. Wash your hands using soap and water.Special and sterilise bottles, teats and caps.Boil fresh water. If using an automatic kettle, let it switch off.Leave water to sit for at least 30 minutes to cool.Pour the right amount of water into the bottle.Add the amount of formula listed on the can. Too much and it can hurt your baby's kidneys; too little and your baby won't grow well. Measure the formula with the scoop from the can and level with a knife. Take care not to mix up scoops from other containers.Shake the bottle until the powder is dissolved.Check the temperature by putting a few drops on your wrist. It should feel just warm.You can now feed your baby. Hold your baby while he or she is drinking.Any formula left at the end of the feed must be discarded.Only keep made-up formula in the fridge for 24 hours.Preparing feeds in advanceIt is best to make 1 bottle of infant formula at a time, just before feeding. Sometimes you may need to make feeds in advance (e.g. for a babysitter). Here are some tips:Keep made-up feed in the fridge (temperature no higher than 5°C).Feeds can be stored in the fridge for up to 24 hours. Only remove when ready to be used.Warming infant formulaStand the bottle of formula in a container of hot water for a few minutes (no more than 10 minutes). Using a microwave to rearm feeds is not recommended, as it does not heat evenly and can burn your baby's mouth. You can use a bottle warmer if you have one.Check the temperature by putting a few drops onto the inside of your wrist. It should feel warm or even a little bit cool.Any formula left at the end of the feed must be discarded.Transporting infant formulaThe best way to transport formula is to carry individual portions of the powdered formula and cooled boiled water in sterilised containers. Formula can also be made before transporting. Here are some tips:Feeds that need to be transported should be put in the fridge until they are cold before transporting.Keep the feed in the fridge until it needs to be transported.Transport feeds in a cool bag with ice bricks and use within 2 hours. Place the formula in the fridge if you arrive before then. Use the formula within 24 hours from the time it was made.Cleaning feeding equipmentEquipment needs to be cleaned and sterilised. Clean bottles and teats by hand or in a dishwasher. Bottles and teats can be sterilised by boiling or with a steaming machine. (Use steamers according to the manufacturers' instructions.)Boiling methodWash hands.Wash teats and bottles in hot, soapy water using a bottle brush and rinse well.Place equipment in a saucpan of cold water on a stove.Bring to the boil and boil for 5 minutes. Turn off and allow to cool.Store equipment in a clean container in the fridge if not being used immediately.Sterilised equipment can be stored in the fridge for up to 24 hours.How much formula?Feed your baby on demand. Each baby is different and needs vary from day to day. Refer to the Is my baby getting enough milk? sheet if you are concerned about how much your baby is drinking.This is a general guide of how much infant formula your baby might need:5 days to 3 months old: 150mL per kilogram of body weight each day.3 to 6 months old: 120mL per kilogram of body weight each day.6 to 12 months old: 100mL per kilogram of body weight each day. Babies at this age also eat complementary foods.How to feedSit comfortably with your baby in your arms while giving the bottle. Try holding your baby a different way each feed. This is because a baby's skull is soft and changes in shape can occur if the baby always places their head in the same position.Hold the bottle tilted upside down. You can gently press under your baby's chin to encourage your baby to firmly grip the teat. This will help the baby to not swallow air.Check the bottle flow. The milk should drop at a steady flow from the teat. Sometimes the teat gets clogged when a powdered infant formula is used.It is essential to avoid giving your baby too much air. You can help your baby to burp by holding them upright over your shoulder or on your lap. Pat or rub the back gently until they burp.If the baby is feeding happily, don't stop until they are finished.Avoid leaving your baby to feed on their own or while going to sleep. The milk may flow too fast and cause your baby to choke.Your baby is feeding well if they have 6 or more wet nappies per day, consistent weight gain (following a curve on their growth chart), and are alert and content after a feed.Resources for parents, families and carersBooklet, Your guide to the first 12 months, Queensland Government (given to parents of every baby born in Queensland with the Personal Health record)Growing Strong—Formula feeding (PDF, 799kB), Queensland GovernmentRaising Children Network—Newborn nutrition, Australian GovernmentRaising Children Network—Breastfeeding videos, Australian GovernmentBooklet: Breastfeeding and postnatal care, New South Wales Government—available in English, Arabic, Chinese (Simplified), Chinese (Traditional), Farsi, Hindi, Korean, Punjabi and Tamil languagesRelated contentThe importance of breastfeedingManaging common breast concerns my baby getting enough milk?Drinks for babies and toddlersAcknowledgementsThis fact sheet is consistent with the National breastfeeding strategy 2010–2015.Information is drawn from:Children's Health Queensland Hospital and Health Service 2015, Child health information: Your guide to the first 12 months.National Health and Medical Research Council 2012, Australian dietary guidelines.National Health and Medical Research Council 2012, Infant feeding guidelines.Preventative Health, Queensland Health 2008, Growing Strong: Feeding you and your baby.Preventative Health, Queensland Health 2010, Breastfeeding and your baby.Queensland Maternity and Neonatal Clinical Guidelines Program 2010, Breastfeeding initiation.This fact sheet is also the result of input and effort from many health professionals in Queensland. Their assistance with the content is greatly appreciated.This information is provided as general information only and should not be relied upon as professional or medical advice. Professional and medical advice should be sought for particular health concerns or events. Best efforts have been used to develop this information, which is considered correct and in accordance with accepted best practice in Queensland at the date of production. The State of Queensland (Queensland Health) does not accept liability to any person for the information provided in this fact sheet nor does it warrant that the information will remain correct and current. The State of Queensland (Queensland Health) does not promote, endorse or create any association with any third party by publication or use of any references or terminology in this fact sheet. Aleksandra Zajac, MDAlleksandra (Ola) Zajac, MD is a medical doctor with a passion for lifestyle medicine. 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