

# How Much and how often?



BIRTH

**5-7ml**

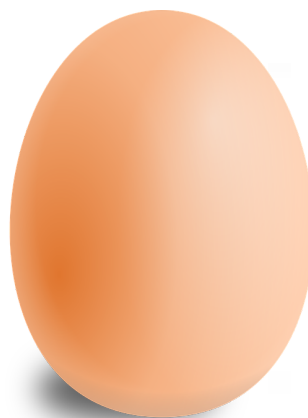
1 teaspoon



DAY 3

**22-27ml**

.75-1 oz



DAY 10

**45-60ml**

1.5-2oz



4-6 WEEKS

**2.5-5oz**

First year

Your baby will need to nurse frequently, more than 8 times in 24 hours. Every baby is different so it is important to follow your baby's lead and allow them to "set their own schedule". Remember, the more milk you move the more your body will make.