

Formula feeding guidelines

1oz = 30ml

	Preterm	5 days	2 wk	1 m	3 m	4 m	6 m	9 m	12 m
Volume per 24 h	180 ml /kg	150 ml /kg			120 ml /kg		100 ml /kg	60-90 ml /kg	
Volume per feed	70 ml		75-105 ml	110-150 ml	150-220 ml	200-210 ml	150-200 ml		
			2w	4w	12w	16w	24w	36w	48w

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 REQUIREMENT PER DAY
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 VOLUME PER FEED
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

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Usual intake: 150ml/kg/24h

Ideally feed every 3 hours (though parents obviously prefer lower frequency)

Feeding every 3 hours = 8 feeds per day (every 4 hours = 6 feeds)

[weight] x 150 = total daily feed (in ml)

divide this by 8 or 6 as appropriate for bottle volume