

SCHEDULES

11 Month Feeding Schedule: Almost Ready for Toddler Eating

Your 11-month-old is almost a toddler. Get our complete feeding schedule covering 3 meals, 2 snacks, formula or breast milk amounts, and how to prep for the 12-month transition.

Frequently Asked Questions

How often does an 11 month old eat?

An 11 month old typically eats three meals and one to two snacks a day, plus about three breast milk or formula feeds. Solids now supply a meaningful share of daily nutrition.

How much milk does an 11 month old need?

Most 11 month olds take roughly three milk feeds a day. Your pediatrician can help you tailor amounts, since needs vary from baby to baby.

Can my 11 month old use a spoon?

Many 11 month olds enthusiastically grab and explore a spoon, though you will likely still load it for them. Messy practice is a normal and valuable part of learning.

Can I give my 11 month old water?

Yes, small amounts of water with meals are fine at this age and help your baby practice cup drinking. Milk feeds still provide most of their fluids until 12 months.

When can my baby switch to cow's milk?

Whole cow's milk as a main drink is generally introduced at 12 months. Before then, small amounts in cooking are usually fine, confirm with your pediatrician.