

SCHEDULES

6 Month Feeding Schedule: Daily Routine for Formula and Solids

Get a complete 6-month feeding schedule with exact times, formula amounts, and when to add solid food meals. Includes sample day, breastfeeding version, and tips for new solids.

Key Takeaways

- A typical 6-month-old has 4–6 milk feeds (about 24–32 oz / 700–950 ml of breast milk or formula) plus 1–2 small solid meals a day.
- Start solids at 1–2 teaspoons once daily and build slowly toward 2–3 tablespoons over a few weeks; there's no need to finish a set amount.
- Milk remains the main source of nutrition at 6 months, solids complement rather than replace feeds until closer to 9–12 months.
- Offer one iron-rich food daily and introduce single new foods one at a time, watching for reactions.
- Practice responsive feeding by offering solids when your baby is calm and alert and following hunger and satiety cues.

Frequently Asked Questions

How often should a 6 month old eat?

A typical 6 month old has 4–6 milk feeds (breast milk or formula) plus one or two small solid meals per day. Milk still provides most nutrition, so offer solids after or between milk feeds.

Should I feed solids or milk first at 6 months?

Early on, offer milk first so your baby isn't frantically hungry, then introduce solids when they're calm and alert. As solids increase over the coming months, the balance gradually shifts.

Sources

1. How Much and How Often to Feed Your Baby — Centers for Disease Control and Prevention
2. When, What, and How to Introduce Solid Foods — Centers for Disease Control and Prevention
3. Starting Solid Foods — American Academy of Pediatrics