

SCHEDULES

9 Month Feeding Schedule: Three Meals Plus Snacks

A 9 month feeding schedule with three meals, one to two snacks, and milk feeds, including timing, amounts, and a printable sample day.

Frequently Asked Questions

What does a 9 month old's eating schedule look like?

A typical 9 month schedule has three meals and one to two snacks, plus about three to four breast milk or formula feeds spread across the day.

How much should a 9 month old eat per meal?

Around 4–8 tablespoons per meal is common, but appetite varies. Follow your baby's hunger and fullness cues rather than aiming for a fixed amount.