

## SCHEDULES

# How Often to Feed Baby: Feeding Frequency Guide by Age

Not sure how often to feed your baby? Our complete feeding frequency guide covers newborns to 12 months with formula amounts, breastfeeding frequency, and when to add solids.

## Key Takeaways

- Young infants feed on demand every 2–4 hours; solids begin around 6 months at one meal a day and build to 3 meals plus 1–2 snacks by 9–12 months.
- Milk feeds gradually decrease from about 5–6 a day at 4–5 months to roughly 3 a day by 12 months, totaling around 24–32 oz (700–950 ml) early on.
- Solids start as 1–2 teaspoons of practice food and grow to several tablespoons per meal as feeding frequency increases.
- Practice responsive feeding, keep responding to hunger and satiety cues even within a routine, since growth spurts, teething, and illness shift appetite.
- Use these frequencies as a flexible guide and check with your pediatrician if intake or weight gain concerns you.

## Frequently Asked Questions

### How often should I feed my baby?

Newborns and young infants feed on demand every 2–4 hours. As solids begin around 6 months, babies move from one small meal to three meals plus snacks by 9–12 months, while milk feeds gradually decrease.

### How many times a day should a baby eat solids?

Solids typically start at once a day around 6 months, increase to two meals by 7 months, three meals by 8 months, and three meals plus one to two snacks by 9–12 months.

## Sources

1. How Much and How Often to Feed Your Baby — Centers for Disease Control and Prevention
2. Feeding your baby: 6–12 months — UNICEF
3. Starting Solid Foods — American Academy of Pediatrics