

# Breastmilk Feeding & Storage Cheat Sheet

How much should baby be drinking?	
0 – 3 Weeks	1 – 3 oz every 2 – 3 hours 8 – 12 feedings daily (8 – 24 oz total)
3 Weeks – 3 Months	3 – 4 oz 6 – 8 feedings daily (24 – 32 oz total)
3 – 6 Months	4 – 8 oz 4 – 6 feedings daily (24 – 32 oz total)
6 – 9 Months	6 – 8 oz 6 feedings daily (32 oz total)
9 – 12 Months	7 – 8 oz 3 – 5 feedings daily (24 oz total)



Breastmilk Storage Guidelines			
Freshly Pumped (use w/in)		Previously Frozen (use w/in)	
Room Temp	4 – 6 hours	Refrigerator	4 – 24 hours
Cooler (w/ice packs)	Up to 24 hours	Room Temp	1 hour
Refrigerator	3 – 5 days		
Freezer	3 – 6 months		

## ***To Thaw:***

- In refrigerator
- Running water (start cool)

## **Reminders**

- ✓ Never shake bottle, swirl
- ✓ Never microwave
- ✓ After an hour of feeding, throw away any leftover milk