

How much should my baby be eating? Growing? How much should I be pumping? How much formula to offer? Etc.

How much formula to provide? From Dr. Greene, <http://bit.ly/cSyxkc>:

The average baby takes 2 or 3 ounces of formula each day for every pound of body weight, up to a maximum of 32 ounces... When a baby is still hungry after 32 ounces or nursing 8-10 times, it may be time to start solids.

...If a baby begins to regularly take less than about 20 ounces per day, you might want to offer the bottle first and then solids... Let your baby set the pace, but if he continues to consistently take more than 32 ounces or less than 20 ounces, run it by your doctor.

[Note: this calculation is for formula, **not** mother's milk.]

How much expressed breast milk (EBM) to provide? From a lactation consultant, <http://bit.ly/96P837>:

To calculate the approximate range for the number of ounces of expressed breastmilk to provide per feeding, use the following mathematical formula:

Take your baby's weight in pounds and multiply it by two and a half (2.5) to three times. [*This allows 2½ -3 oz milk per pound of body weight.*] Then, divide this number by the total number of feedings per day to arrive at the approximate feeding amount, in ounces, for each feeding.

⌘ For example, if your baby weighs 11½ lbs, multiply 11.5 by 2.5, equaling 28.75 (oz - the bottom of your range).

⌘ Now multiply weight (11.5) by 3, equaling 34.5 (oz - the top of your range).

⌘ Then divide each number by the total number of feeds per day. For example, if your baby has eight feedings per day, he or she would have a range of 3.6 to 4.3 ounces - approximately 3½ to 4½ oz - at each feeding. (For ten feedings per day, range would be approx 3-3½ oz per EBM bottle feeding.)

Pumping calculator, based on a total of 25 ounces/day, from kellymom, <http://bit.ly/a3zY4z>:

The research tells us that exclusively breastfed babies take in an average of 25 oz (750 mL) per day between the ages of 1 month and 6 months. Different babies take in different amounts of milk; a typical range of milk intakes is 19-30 oz per day (570-900 mL per day). [*emphasis added*]

We can use this information to estimate the average amount of milk baby will need at a feeding:

→ Estimate the number of times your baby nurses per 24 hours.

→ Then divide 25 oz by the number of nursings.

→ This gives you a "ballpark" figure for the amount of expressed milk your exclusively breastfed baby will need at one feeding.

Example: If baby usually nurses around 8 times per day [*about every three hours during the day and twice at night*], you can guess that baby might need around 3 ounces per feeding when mom is away. ($25/8 = 3.1$).

Moms compare notes on how much EBM (expressed breast milk) to send to daycare, <http://bit.ly/9nSh2g>:

How many ounces do you send (formula or breastmilk)? She gets three 4 ounce bottles of EBM.

How old is your child? **4 months old.**

How many hours is your child at daycare? 8-8.5 hours.

Do they get anything else at daycare (rice cereal, baby food)? I started adding a tablespoon of rice to each of her bottles last week at the recommendation of my ped because her weight is low (4th percentile) --DallasLady

How many ounces do you send (formula or breastmilk)? I send four 4 ounce bottles of EBM.

How old is your child? **5 months.**

How many hours is your child at daycare? 9 hours.

Do they get anything else at daycare (rice cereal, baby food)? Nope, we haven't started solids yet.

...DallasLady, I find it interesting that your ped recommended putting rice cereal in the bottles. Cereal actually has fewer calories than EBM, and I find it interesting he/she would encourage you to supplement with something that is not as calorically or nutritionally dense.

How many ounces do you send (formula or breastmilk)? We've always sent 4 bottles - now her bottles are 5 oz, but when she started at 12 weeks they were 4 oz. There are some days she only has 3 of them, depending on how much she naps. Only once or twice has she gone through all 4 and then needed to eat as soon as we get home - usually the 4th bottle is 4:30-5:00 so I then only feed her once at home (she eats 6x a day - was 8x when she was "little").

How old is your child? **6 months.**

How many hours is your child at daycare? 9.5 hours (8 am - 5:30 pm).

Do they get anything else at daycare (rice cereal, baby food)? Not yet - we are still going through all the pureed foods and she only gets it 1x a day. Probably around 7 months we'll move up to 2x a day, so she'll get 1 at daycare.

How many ounces do you send (formula or breastmilk)? I send four 5.5-6.5 oz bags of frozed EBM, even though she usually only takes three.

How old is your child? **6.5 months old.**

How many hours is your child at daycare? 8.5-9.5 hours.

Do they get anything else at daycare (rice cereal, baby food)? She gets solids twice while she's there.

How many ounces do you send (formula or breastmilk)? My baby drinks approximately 18 oz of EBM during the course of the day while I am at work and his dad is home with him.

How old is your child? **Almost 8 months.**

How many hours is your child at daycare? 8-9.

Do they get anything else at daycare (rice cereal, baby food)? I try to get him to have some solids throughout the day, which sometimes spaces his feedings by another half hour or so, but when he doesn't get any, his feedings are completely predictable.

How many ounces do you send? I send her with four 4 oz EBM bottles and recently added a "back-up" 2 oz storage bottle. When she was younger she often would only drink 2-3 oz in a sitting and only 2-3 bottles the entire day (meaning as little as 6 oz ALL DAY!).

How old is your child? **Almost 9 months.**

How many hours is your child at daycare? Almost 9 hours (7:30 until 4:30!).

Do they get anything else at daycare (rice cereal, baby food)? Starting at 7 months, we let daycare feed her one jar of pureed vegetables a day.

For the record, even though she hardly eats at daycare, she has consistently been between 75%-97% in height and weight since her 3 month well-baby visit. I don't know how she gains the weight since other friends' babies eat SO much more but are much smaller and shorter. So I guess the moral of the story is that it's not about how much they eat.

How many ounces do you send (formula or breastmilk)? I keep four 4oz BM bottles for my baby in the fridge daily. (YIKES! Is he not eating enough? He is not really fond of solid food and rejects it!)

How old is your child? **11.5 months.**

How many hours is your child at daycare? 9.5.

Do they get anything else at daycare (rice cereal, baby food)? No.

DallasLady, It sounds like you're going through a lot of the same things I did with baby#1 three years ago. I pumped 12 ounces a day at work (which seemed to satisfy her). Somehow, she slipped further and further on the weight charts, though, until she bottomed out at 3rd percentile at her 6 month visit.

If your mama gut is telling you that your daughter is small because she's not getting enough milk (as opposed to just being meant to be small), I have some ideas...

1. Do a nurse-in this weekend. Stay in bed with your baby as much as possible this weekend. Nurse her on demand. The combination of being close to her and getting rest can help boost your supply.
2. Pump after she nurses. This can help you set some milk aside for the week as well as send the SOS to your body to make more milk.
3. Try galactagogues. Fenugreek, oatmeal, lecithin, Mother's Milk Tea (MMT). Drink extra water. Try to consume more protein.
4. If all else fails, supplement. I've had to resort to this with baby#2, because I simply cannot keep up. I've drowned myself in fenugreek, oatmeal, MMT, water, you name it, and my supply is not increasing.

Had I known what I know now, I would have supplemented for baby#1.

Keep in mind, though, that perhaps your baby is just destined to be small. Baby#1 is still teeny tiny. She's the oldest in her class, but the smallest. I have to alter all her pants. But she has always met developmental milestones on time. I stressed incessantly about her caloric intake and growth when she was smaller, and have finally made peace with the fact that she was just meant to be small.

About growth charts: from the kellymom website, <http://bit.ly/9BnXXn>:

Healthy breastfed infants tend to grow more rapidly than formula-fed infants in the first 2-3 months of life and less rapidly from 3 to 12 months. All [*or most*] growth charts available at this time include data from infants who were not exclusively breastfed for the first 6 months (includes formula-fed infants and those starting solids before the recommended 6 months). Because many doctors are not aware of this, they see the baby dropping in percentiles on the growth chart and often come to the faulty conclusion that the baby is not growing adequately.

World Health Organization charts based on breastfeeding babies, not on breastfeeding "maybes":

-- Height for age: <http://bit.ly/arQKdn>

-- Body mass index for age: <http://bit.ly/cLIInB>

-- Weight for age: <http://bit.ly/bDwSig>

-- Head circumference for age: <http://bit.ly/cEEA7L>

-- Motor development percentiles: <http://bit.ly/bcRiel>

What is "failure to thrive" (FTT)? from the American Academy of Family Physicians, <http://bit.ly/9GMt5A>:

While definitions of FTT have varied, most practitioners diagnose FTT when a child's weight for age falls **below the fifth percentile** of the standard NCHS growth chart **or if it crosses two major percentile lines**. Recent research has validated that the weight-for-age approach is the simplest and most reasonable marker for FTT.

...Growth variation in normal infants can confound the diagnosis of FTT. Approximately 25 percent of children will shift down their weight or height by more than 25 percentile points in the first two years of life. These children are falling (*sic*) to their genetic potential... After shifting down, these infants grow at a normal rate along their new percentile and do **not** have FTT.

...**Having parents write down the types of food and amounts a child eats over a three-day period** is one way of quantifying caloric intake... It can make parents aware of how much the child is or is not eating. [*For example, number and duration of nursings + ounces EBM/ formula total daily + amount/ timing of solids.*]

Storage and handling of milk: a review from La Leche League International's Breastfeeding Answer Book:

Milk can sit at room temperature 6-10 hours.

Frozen, freezer compartment inside refrigerator: 2 wks.

Milk can be refrigerated for up to 5 days.

Frozen, freezer adjoining refrigerator: 3-4 months.

Frozen, deep freeze, zero degrees F (constant): 6 months or more

- Plastic or glass - doesn't really matter. Store two, three, and four ounce batches, labeled and dated.
- You can combine COLD (from refrigerator) batches. Chill before mixing.
- You can add SMALL amounts of fresh COLD (from refrigerator) milk to FROZEN milk, and then re-freeze it.
- Do not re-freeze thawed milk (for example, power goes out, freezer defrosts).

FAQ:

- ☞ Can I pump at work, combine room-temp batches, take them home same day, and freeze them? **YES.**
- ☞ Can I store separate cold batches in the fridge at work, take them home at the end of the day, mix them together cold, and freeze them? **YES.**
- ☞ Can I take home frozen milk from the daycare and pump fresh into it and then refreeze it? **NO.**
(See above!)