

The stomach capacity of a newborn baby is very different than that of a 10 day old baby. Currently we have many babies being overfed and having reflux due to overfeeding. In the newborn period babies are to be fed frequently small amounts as illustrated in chart below.

The following chart represents the stomach capacity of a newborn baby.

Age	Size of Stomach	Comparable Objects
1 day	5-7 ml	Large glass marble
3 days	22-27 ml (about 1 oz.)	Drawing of baby's fist.
10 days	45-60 ml (1-1/2-2 oz.)	Golf ball,
Adult	900 ml (2 cups)	Softball, grapefruit, measuring cup, drawing of adult fist.

When women express their breastmilk in the early days they are only expected to express these amounts. Some women will be able to express more but others will not. Pumping is never a good measurement of a milk supply. 5-7 ml barely fills the bottom of a bottle. Newborn breastfed babies should eat every 1 ½ to 3 hours. Some babies want to be at the breast constantly- see Types of Babies Handout and How to Tell If Your Baby is Getting Enough.

Babies over 12 weeks of age may eat less often and spend less time at the breast.

How much should baby eat in a bottle?

Healthy baby older than 10 days.

Baby's Weight	X 2.5 ozs.	Total Oz/ 24 hrs	# of feedings	Amount per feeding
6 lbs	X 2.5	15	8	1 1/2 ounces
6 lbs	X 2.5	15	12	1 1/4 ounces
7lbs	X 2.5	17.5	8	2.18
7 lbs	X 2.5	17.5	12	1 1/2 ounces
8 lbs	X 2.5	20	8	2.5 ounces
8 lbs	X 2.5	20	12	1.6 ounces
9lbs	X 2.5	22.5	8	2 1/2 ounces
9lbs	X 2.5	22.5	12	1.87 ounces

To figure out how much your baby should eat multiply his weight X 2.5 and divide answer by number of feedings in a day.

