

Decreasing Bottle Feeds

Decreasing bottle feeds can be daunting but don't worry. Here is some guidance to help.

Age	Average number of feeds	Approximate Volume of feeds	Additional Information
Birth-2 weeks	8-12	525ml (17-18oz)	Breast/bottle feeds
3-5 weeks	6-8	600ml (20oz)	Breast/bottle feeds
6 weeks-2 months	6-7	700-800ml (23-27oz)	Breast/bottle feeds
2-3 months	6-7	800-900ml (27-30oz)	Breast/bottle feeds
4-6 months	5-6	900 -1150ml (30- 38oz)	When weaning has started offer some drinks from a cup.
7-9 months	4-5	As food intake increases milk intake will reduce to around 600ml (20oz)/1 pint with additional fluids from food and drinks.	Breast/bottle feed morning and night / Continue to use a cup
10-12 months	3-4	As food intake increases milk intake will reduce to a maximum of around 600ml (20oz)/1 pint with additional fluid from food and drinks.	Morning feed discontinued around 9-10 months. Discontinue bottle feeds and move formula feeds to a cup by 12 months. From 12 months cow's milk can be used instead of formula.

As they start to wean some of the fluid will come from foods so they may not actually drink the full volumes

Babies who are having regular wet nappies this shows they are having enough fluid.

Suggested feed distribution based on age, weight and ml/kg

Age	Weight	ml /kg	Total	Distribution
Birth - 2 weeks	3.5kg	150	525	2 hourly 45ml (1½ oz) x 12 3 hourly 65ml (2 oz) x 8
3 - 5 weeks	4 kg	150	600	3 hourly 75ml (2½ oz) x 8, 85ml (3oz) x 7 4 hourly 100ml (3 oz) x 6
6 weeks	4.75kg	150	700	3 hourly 90ml (3oz) x 8, 100ml (3 oz) x 7 4 hourly 120ml (4oz) x 6
2 months	5.25 kg	150	800	3 hourly 110ml (4oz) x 7 4 hourly 130ml (4oz) x 6
3 months	6kg	150	900	4 hourly 150ml (5oz) x 6, 180ml (6oz) x 5
4 - 6 months	7.7kg	150	1150	4 hourly 190ml (6oz) x 5
7 - 9 months	8.9kg	120	1100	4 hourly 190ml (6oz) x 5 + milk in diet 120ml (4oz)
10 - 12 months	9.8kg	120	1200	4 hourly 190ml (6oz) x 5, 240ml (8oz) x 4 + milk in diet 120ml (4oz)

Each infant is an individual and intakes can vary. The above is averages. If you are concerned discuss with a trained health professional.