Mothers may worry that they aren’t producing enough breastmilk. The amount a baby can feed is very small especially in the first few weeks of life.

Newborn babies will breastfeed every 1-3 hours, or at least 10-12 times in a 24 hour period. Breastmilk is more easily digested than formula, and baby needs to refill more frequently.

Day 1: 5-7ml
Day 3: 22-27ml
Day 10: 60-80ml

*Based on average full-term baby weight

Breastmilk contains all the nutrients that an infant needs in the first 6 months of life and also strengthens the infant’s immune system to provide protection against infection.

† Human breastmilk contains important factors absent from infant formula.