

MILK MILESTONES

Day 0-1: 2-10 mL

Day 1-2: 5-15 mL

Day 2-3: 15-30 mL

Day 3-4: 30-60 mL

Day 3-5: Milk "Coming In"

Day 14 (Term) :
750-900 mL/ 24hrs

Day 14 (Preterm) :
500-600 mL/ 24hrs

*5mL= 1tsp and 30mL= 1oz

