

MILK MILESTONES

Day 0-1: 2-10 mL per feeding

Day 1-2: 5-15 mL per feeding

Day 2-3: 15-30 mL per feeding

Day 3: Milk “comes in”

Day 3-4: 30-60 mL per feeding

5ml= 1tsp 30ml= 1oz



FLOW

Tennessee's Center for
Breastfeeding Medicine

*Information applies to term healthy infants only and is meant to be educational in nature and should not be mistaken for individual medical advice.

