

Your Baby's First Year

FEEDING GUIDE

Feed with Clarity

A simple, honest guide to formula feeding from 0-12 months.
Every baby is unique — these are guidelines, not rules.

■ Age-by-Age Feeding Chart

Age	Per Feed	Feeds/Day	Daily Total	Tins/Month
0-2 weeks	60-90ml	8-12	480-720ml	3-4
1 month	90-120ml	7-8	630-960ml	4
2 months	120-150ml	6-7	720-1050ml	5-6
3 months	150-180ml	5-6	750-1080ml	6-7
4 months	180-210ml	5-6	900-1260ml	7-8
5 months	210-240ml	4-5	840-1200ml	8
6-11 months	180-240ml	3-4	540-960ml*	6-8
12 months	180-240ml	2-3	360-720ml	4-5

**Decreases as solids increase from 6 months onwards*

■ How to Prepare Formula

- Clean** — Wash hands. Sterilize bottles and nipples.
- Water** — Boil fresh water, cool to ~40°C (lukewarm).
- Measure** — Add water **FIRST**. Then add powder: **1 level scoop per 30ml water**.
- Mix** — Cap and swirl until powder dissolves completely, make sure you are not forming air bubbles. No lumps!
- Test** — Drop on inner wrist. Should feel lukewarm, not hot.
- Feed** — Use immediately. Discard after 1 hour.

■ Quick Mixing Reference

Water	30ml	60ml	90ml	120ml	150ml	180ml	240ml
Scoops	1	2	3	4	5	6	8

■ ■ Safety Essentials

Never: Add extra scoops (harms kidneys) • Dilute formula • Microwave bottles • Reuse partially-consumed formula • Use formula after 1 hour

Always: Test temperature on wrist • Follow exact scoop ratios • Discard unused formula • Write opening date on tin

■ Reading Your Baby's Cues

■ Feed Now (Early Cues)	■ Very Hungry (Late Cues)	■ Full (Stop Feeding)
Mouth opening Sucking hands Turning head Smacking sounds	Crying Frantic movements Red face Hard to calm	Turning away Spitting out nipple Relaxed hands Falling asleep

Tip: Never force baby to finish a bottle. Trust their hunger cues!

■ ■ Storage at a Glance

Formula Type	How Long	Where
Unopened tin	Check expiry date	Cool, dry place
Opened tin	Use within 3 weeks	Closed lid, cool & dry
Prepared (not fed)	Up to 2 hours / 24 hours	Room temp / Refrigerator
Partially fed	Use within 1 hour	Discard remaining

This guide provides general information based on IAP recommendations. Every baby is unique — always consult your pediatrician for personalized advice.