

WHAT IS NORMAL?



FREQUENCY

In the first 6 months, babies breastfeed an average of 8 times a day, but this can range from 4 to more than 10 feeds per day



STORAGE

Breasts are rarely fully drained
- milk is made continuously
and during most feeds babies
take in less than two thirds of
what is available



VOLUME

Feed volume varies across the day and between babies.
Average daily breastfeeding volumes are 700-800ml, which doesn't change much as babies grow



FEEDBACK

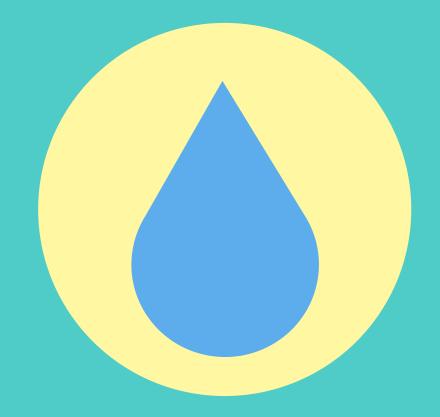
When the breast is full, inhibitory feedback starts to decrease supply. Women vary in how much their breasts can store before this happens



AFTER WEANING

Once complementary feeds are introduced, breastfeeding volumes slowly decrease.

Toddlers are likely to be drinking 100-300ml breastmilk per day



NIGHTS

It is normal for infants to wake and feed frequently at night throughout the first year of life, and often beyond

Reference: PubMed ID 17983993