

# 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



## 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



## AFTER WEANING

Once complementary feeds are introduced, breastfeeding volumes slowly decrease. Toddlers are likely to be drinking 100-300ml breastmilk 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



## FEEDBACK

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



## NIGHTS

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