Combination Feeding Schedule by Age (0–12 Months)

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These are example patterns, not prescriptions. Babies vary, and the right schedule is the one where nappies, weight and your own sanity all hold up. Breastfeeds are always on demand; the "schedule" is really about which feeds are formula.

Amounts for the formula feeds below come from the CDC and the American Academy of Pediatrics and are averages, not targets [4] [6]. Let your baby stop when full [4].

Newborn (0–6 weeks): protect supply first

Most newborns feed 8–12 times in 24 hours, breast or bottle [4] [7]. This is the period when supply is being set, which is why every major body advises establishing breastfeeding before adding formula [7] [8] [9].

If you must supplement now — on medical advice for weight, jaundice or low supply — the pattern that protects breastfeeding best is **breastfeed first, then offer a small top-up**, and express after any feed where the baby did not drain the breast [3] [7]. Typical formula amounts at this age are 1–2 oz (30–60 ml) per feed in the first days, rising to 3–4 oz (90–120 ml) by about a month [4] [6].

Time	Feed
Every 2–3 h round the clock	Breastfeed; top-up only if advised
After any short breastfeed	Express 10–15 min