

*Milk Feeding chart for first year (breast or formula)*

Age	Times						
<b>2-4 weeks</b>	2-3am	6-7am	10-10.30am	2-2.30pm	5pm	6-6.30pm	10-11pm
<b>4-6 weeks</b>	3-4am	6-7am	10.30-11am	2-2.30pm	5pm	6-6.30pm	10-11pm
<b>6-8 weeks</b>	4-5am	7.30am	10.45-11am	2-2.30pm	6-6.30pm	10-11 pm	
<b>8-10 weeks</b>	5-6am	7.30am	11am	2-2.30pm	6-6.30pm	10-11pm	
<b>10-12 weeks</b>	7am	11am	2-2.30pm	6-6.30pm	10-11pm		
<b>3-4 months</b>	7am	11am	2-2.30pm	6-6.30pm	10-10.30pm		
<b>4-5 months</b>	7am	11am	2-2.30pm	6-6.30pm	10pm		
<b>5-6 months</b>	7am	11.30am	2-2.30pm	6-6.30pm			
<b>6-7 months</b>	7am	2-2.30pm	6-6.30pm				
<b>7-8 months</b>	7am	2-2.30pm	6-6.30pm				
<b>8-9 months</b>	7am	2-2.30pm	6-6.30pm				
<b>9-10 months</b>	7am	3.30-4pm	6.30-7pm				
<b>10-12 months</b>	7am	3.30-4pm	6.30-7pm				

**NOTES**

- This timetable is only a guide to help first time parents to establish a milk feeding routine, especially those going back to work.