

The
BABY SLEEP SITE®
Helping you and your child sleep

Baby Night Feedings By Age*

Age	Breastfed Totals Per Night**	Formula-Fed Totals Per Night**	Notes
0-2 Months	3-5 feedings per night	2-4 feedings per night	<u>Newborns</u> need to eat around the clock - newborns should not go more than 4 hours without feeding (preferably no more than 3 hours).
3-4 Months	3-4 feedings per night	2-3 feedings per night	Watch out for the <u>4 month sleep regression</u> - if your baby is suddenly more wakeful, it may have less to do with a need for food and more to do with changing sleep patterns!
5-6 Months	1-3 feedings per night	1-2 feedings per night	As you can see by the numbers, most babies are starting to consolidate their night feedings at this time, as well as <u>consolidating their sleep</u> . By this age, most babies are sleeping less during the day and getting one nice, long stretch of sleep at night.
7-9 Months	0-3 feedings per night	0-1 feeding(s) per night	We find that most formula-fed babies are done feeding at night by this point, or are starting to night-wean. We usually recommend for ALL babies (both breast and bottle) an <u>attempt at night-weaning</u> here, if you feel comfortable with that.
10-12 Months	0-2 feedings per night	0-1 feeding(s) per night	Formula-fed babies are almost always done needing night feedings by 12 months. If your breastfed baby is still feeding at night by 10 or 11 months, this is perfectly fine, but try to consolidate it to 1 feeding, if possible.

* These night feedings are considered standard, but they also assume that baby is healthy, is gaining weight properly, has no food allergies or medical concerns, etc. What's normal for your baby may look a bit different, based on unique factors. ***As always, if you have doubts about your baby's feeding patterns, please speak with your healthcare provider, as they are the best resource for feeding concerns.***

** "Night" in this chart refers to a 12-hour period of time.

Additional Baby Sleep Site® Resources

Take a look at [this article](#) to see **an overview of all baby and toddler sleep regressions**, as well as information about how to manage (and survive!) each regression stage.

<https://www.babysleepsite.com/baby-sleep-patterns/sleep-regressions/>

Visit [this page](#) to see **an overview of all the Baby Sleep Site® sample sleep and feeding schedules by age**. Use these for reference, or to help you create a schedule that works for your baby or toddler.

<http://www.babysleepsite.com/baby-sleep-feeding-schedules/>

[Download your FREE guide, 5 Ways To Help Your Child Sleep Through The Night](#), and get practical, hands-on tips to help your baby fall asleep faster and sleep better at nights and during nap time. Download now, and start working on sleep as early as tonight!

<http://www.babysleepsite.com/baby-sleep-through-night-free-ebook/>

Visit our [Getting Started page](#) to learn about the variety of Baby Sleep Site® resources at your disposal, and **to learn more about how you can access a library of do-it-yourself sleep coaching options**, as well as **how you can connect with an expert consultant for personalized, one-on-one sleep help**.

<http://www.babysleepsite.com/help-me-choose/>