

WHAT IS YOUR STORAGE CAPACITY?

After 6 weeks or so, your baby will let you know if you follow his feeding cues

AVERAGE MILK INTAKE 1-6 MONTHS ABOUT 30 oz. (900 mL) PER DAY



- * Baby often takes both breasts
 - * Needs many feeds per day to gain weight well
 - * Must wake often at night to feed
 - * You may never double pump > 4 oz. (120 mL)
- You may have a **SMALL STORAGE CAPACITY**
~2.5 oz. (75 mL) X 12 feeds = 30 oz. (900 mL)



- * Baby may take 1 or both breasts
 - * Needs 7-8 feeds per day to gain weight well
 - * Needs some night feedings
 - * You may double pump ~4 oz. (120 mL) with missed feed, ~2 oz. (60 mL) ~60 min. after feed
- You may have a **MEDIUM STORAGE CAPACITY**
~3.75 oz. (110 mL) x 8 feeds = 30 oz. (900 mL)



- * Baby often takes 1 breast, is done quickly
 - * Needs fewer feeds per day to gain weight well
 - * May sleep for longer stretches at night
 - * You often double pump > 4 oz. (120 mL)
- You may have a **LARGE STORAGE CAPACITY**
~5 oz. (150 mL) x 6 feeds = 30 oz. (900 mL)

IF FED ON CUE, BABIES CAN THRIVE WITH ANY STORAGE CAPACITY:

But because the amount of milk they get per feed varies by so much, to get the milk they need per 24 hours, their feeding patterns must vary

FAQs

WHAT IS STORAGE CAPACITY?

Determined by the volume of milk available at your fullest time of the day.

May change from one baby to the next.

Baby
1



Baby
2

WHAT DETERMINES STORAGE CAPACITY?

It varies among mothers and is determined by the amount of room in your milk-making glands.



IS IT RELATED TO BREAST SIZE?

No. Breast size is determined mainly by the amount of fatty tissue in your breasts.

