

SAMPLE FEEDING SESSIONS

Schedule 1 (Newborn-4 mos)	Schedule 2 (4-6 mos)	Schedule 3 (6-9 mos)
6:00am Feed	7:00am Feed	7:30am Feed
7:30am Feed	8:00am Purees/cereals (start small 1-3 oz)	8:30am Solids
9:00am Feed	10:30am Feed	11:00am Solids
11:30am Feed	11:30am Mashed veggies/purees/cereals (start small 1-3 oz)	2:30pm Feed
1:00pm Feed	2:00pm Feed	5:30pm Solids
3:00pm Feed	4:30pm Mashed veggies/purees/cereals (start small 1-3 oz)	7:00pm Feed
4:30pm Feed	7:00pm Feed (Cluster Feed begins)	8:00pm Feed(Try cluster feeding if the baby takes it) - Last feed before bedtime
6:00pm Feed (Cluster Feed begins)	8:00pm Feed (Cluster Feed ends) - Last feed before bedtime	1 to 2 feeding sessions in the night at an interval of 4-6 hours
7:00pm Feed (Cluster Feed ends) - Last feed before bedtime	1 to 2 feeding sessions in the night at an interval of 3-4 hours	
2 to 3 feeding sessions in the night at an interval of 2-2.5 hours		