

## Infant Feeding Schedule: Examples

Example A: 4-hourly feeding schedule (Exclusive Breastfeeding)				Breastfeeding Duration (minutes)		
Time	Breastmilk/Formula	Amount (ml)	Breast Side	Left breast	Right breast	Total
05:00	Breast	-	L/R	29	8	37
06:00						
07:00						
08:00						
09:00	Breast	-	R	0	25	25
10:00						
11:00						
12:00						
13:00	Breast	-	L	21	0	21
14:00						
15:00						
16:00						
17:00	Breast	-	R/L	12	31	43
18:00						
19:00						
20:00						
21:00	Breast	-	L	22	0	22
22:00						
23:00						
00:00						
01:00	Breast	-	R	0	29	29
02:00						
03:00						
04:00						
<b>Total</b>		<b>0</b>				<b>177</b>

Example B: 3-hourly feeding schedule (Exclusive Formula Feeding)

Time	Breastmilk/Formula	Amount (ml)	Breast Side	Breastfeeding Duration (minutes)		
				Left breast	Right breast	Total
05:00	Formula	90				
06:00						
07:00						
08:00	Formula	70				
09:00						
10:00						
11:00	Formula	60				
12:00						
13:00						
14:00	Formula	90				
15:00						
16:00						
17:00	Formula	90				
18:00						
19:00						
20:00	Formula	70				
21:00						
22:00						
23:00	Formula	80				
00:00						
01:00						
02:00	Formula	90				
03:00						
04:00						
<b>Total</b>		<b>640</b>				<b>0</b>

Example C: 2-hourly feeding schedule (Breastfeeding + Bottle)

Time	Breastmilk/Formula	Amount (ml)	Breast Side	Breastfeeding Duration (minutes)		
				Left breast	Right breast	Total
05:00	Breast	-	L/R	16	4	20
06:00						
07:00	Breast	-	R	0	21	21
08:00						
09:00	Breast	-	L	17	0	17
10:00						
11:00	Breast	-	R/L	6	12	18
12:00						
13:00	Breastmilk *	90	-	-	-	-
14:00	* Previously expressed and stored					
15:00	Breast	-	L/R	20	7	27
16:00						
17:00	Breast	-	R	0	18	18
18:00						
19:00	Breast	-	L/R	22	5	27
20:00						
21:00	Formula (Nan HA)	90	L	19	0	19
22:00						
23:00	Breast	-	R/L	6	16	22
00:00						
01:00	Formula (Nan HA)	90	-	-	-	-
02:00						
03:00	Breast	-	R	0	18	18
04:00						
<b>Total</b>		<b>270</b>				<b>207</b>