



CPIN
Canadian
Primary Care
Information
Network

RCIP
Réseau canadien
d'information pour
les cliniques de
première ligne

Feeding your baby: how much is enough?

It is normal to wonder how much to feed your baby and if they are growing well. The good news is that most babies are very good at showing you what they need.

In the early months, feed your baby when they show signs of hunger. These signs include sucking, rooting (turning their head looking for food), or bringing their hands to their mouth. Try not to wait until your baby is crying, as this can be a late sign of hunger.



Let your baby guide how much they eat. Stop feeding when they turn away, slow down, or seem calm and satisfied. This helps your baby learn healthy eating patterns.

Most newborns feed every 2 to 3 hours. As your baby grows, they may feed less often, but take more at each feeding. Breastfed and formula-fed babies may eat different amounts, and this is normal.

You may wonder if your baby is growing well. Signs of healthy growth include:

- Steady weight gain over time
- Regular wet diapers (often 6 or more per day after the first week)
- Being alert and active when awake

Your baby's doctor or nurse practitioner will follow their growth using standard growth charts at regular visits. If you are using formula, make sure to prepare and store it safely. If you are breastfeeding, support is available if you have questions or challenges. Every baby is unique, and feeding can take time to learn.



For more information, visit:

- [Caring for Kids – Feeding your baby in the first year](#)
- [Government of Canada – Infant nutrition](#)