



## 24 HOUR MILK FORMULA

Baby's weight in lbs x 2.5 = total fluid ounces of milk

Maximum ounces per 24 hours is 32 Ounces

Example *11 lbs x 2.5 = 27.5 ounces per 24 hours*

*27.5 divided by 5/6 feeds*

[WWW.SOUNDLYSLEEPING.CO.UK](http://WWW.SOUNDLYSLEEPING.CO.UK)

You multiply your baby's weight in pounds by 2.5 = the total is the amount of fluid ounce your little one should have in a 24 hour period.

In the example about the baby's total milk intake is 27.5

You may decide to divide the total oz by 7 feeds 6 of those feeds your baby would have between 7am - 10pm with an overnight feed being the remaining 7th feed.