

What is the range of 'normal' when it comes to breastfeeding?

The infants assessed for this study¹ were healthy term-born infants between 1 – 6 months of age. They were exclusively breastfeeding on demand and growing according to the WHO growth charts. The following information is not applicable for the first 4 weeks after birth.

How and when?



4–13
breastfeeding sessions
in a day¹



12–67 minutes
was the average duration
of a breastfeeding session¹

Night feeding is normal

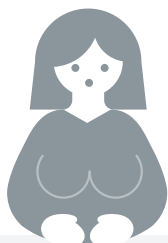


- The majority (64%) of infants breastfeed day and night¹
- These infants spread their milk intake evenly throughout the 24 hours¹
- Only 36% of infants don't feed at night (10pm to 4am)¹
- These infants have a large feed in the morning¹



64% Day and night 36% Day only

Your breasts



Infants have varied feeding patterns:¹

30% always take just one breast
13% always take both breasts
57% mix it up!



An average breastfeed
removes **67%** of the
milk from the breast¹

How much is 'normal'?

Infants feed to appetite and stop feeding when they have had enough or want to change to the other breast.¹

- From a single breast, the average volume an infant drinks is 75 ml (range: 30 – 135 ml)¹
- It is normal for one breast to produce more milk than the other¹



54–234 ml

Average amount of
milk of a breastfeeding
session (1 or 2 breasts)¹

Do boys and girls drink the same?

Boys do drink more than girls! Boy infants drink on average 76 ml more than girl infants.¹



831 ml

Average daily
amount taken
by boys¹



755 ml

Average daily
amount taken
by girls¹

The range of 'normal'...

Over a day, the average volume of milk consumed is 798 ml. But this varies from one infant who was drinking 478 ml to another drinking 1356 ml per day.¹

478 – 1356 ml

Range of daily milk intake of exclusively
breastfed infants who are growing
according to the WHO charts.¹

Breastfed infants are indeed getting enough milk. As infants get older, they take fewer, shorter, larger feeds but their 24-hour (daily) intake will remain the same.¹ Between 3 and 6 months infants grow more slowly and have a relatively lower metabolic rate, so they don't need more milk.²

For more on breastfeeding and how your milk supply works, visit [medela.com/breastfeeding](https://www.medela.com/breastfeeding)