HOW MUCH MILK CAN ONE BABY DRINK?

- In the early weeks of life, preemies are only fed small amounts of milk, often less than 1 ounce a day.
- It can be hard to believe that you need to keep pumping 7-8 times a day and producing so much milk when you look at that little baby!
- Producing a lot of milk is important for several reasons:
  - You will not run out as your baby grows
  - Preemies that drink mother’s milk do the best
  - Your baby will learn to breastfeed easier
  - You can continue to produce milk after your baby comes home
- Even though your little preemie is being fed only one teaspoon a feeding right now...A 3 month old preemie can drink 20 ounces a day, which is 140 ounces a week or 600 ounces a month. You will quickly use your frozen milk when your baby gets bigger!
- Continuing to pump 7-8 times a day is key to having enough milk for your baby at every stage
- If you don’t pump in the middle of the night your milk volume will slowly start to decrease- keep it up!
- If you have leftover milk you can use it later to feed your baby after weaning
- Never throw out milk! Extra milk your baby does not eat can be donated for babies whose mothers weren’t able to produce enough milk.