

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

The infants assessed for this study<sup>1,2</sup> 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 day<sup>1</sup>



**5–37** minutes  
was the average duration  
of a breastfeeding session<sup>2</sup>

### Night feeding is normal



- The majority (64%) of infants breastfeed day and night. These infants spread their milk intake evenly throughout the 24 hours.<sup>1</sup>
- Only 36% of infants don't feed at night (10pm to 4am). These infants have a large feed in the morning.<sup>1</sup>



64% Day and night 36% Day only

## Your breasts



Infants have varied feeding patterns:<sup>1</sup>

**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 breast<sup>1</sup>

## How much is 'normal'?

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

- From a single breast, the average volume an infant drinks is 75 ml (range: 30 – 135 ml).<sup>2</sup>
- It is normal for one breast to produce more milk than the other.<sup>1</sup>



**54–234 ml**

Range of milk intake during breastfeeding session (1 or 2 breasts)<sup>3</sup>

### Do boys and girls drink the same?

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



**831 ml**

Average daily amount taken by boys<sup>1</sup>



**755 ml**

Average daily amount taken by girls<sup>1</sup>

### 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 1298 ml per day.<sup>2</sup>

**478 – 1298 ml**

Range of daily milk intake of exclusively breastfed infants who are growing according to the WHO charts.<sup>2</sup>

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!<sup>1</sup> Between 3 and 6 months infants grow more slowly and have a relatively lower metabolic rate, so they don't need more milk.<sup>4</sup>

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