

### How much breast milk should I pump?

<b>Age</b>	<b>Amount per session</b>	<b>amount per day</b>
<b>1 day</b>	<b>5-7mL / 1 - 1 1/3 tsp</b>	<b>60-84 mL / 2 - 3 oz</b>
<b>2 days</b>	<b>5-15 mL / 1 - 3 tsp</b>	<b>40-180 mL/ 1.5 - 7 oz</b>
<b>3 days</b>	<b>22-27 mL / 0.75-1 oz</b>	<b>6 - 12 oz</b>
<b>4 days</b>	<b>27 mL / 1 oz</b>	<b>8 - 12 oz</b>
<b>5 days</b>	<b>45mL / 1.5</b>	<b>12 - 18 oz</b>
<b>1 - 2 weeks</b>	<b>45-60 mL / 1.5-2 oz</b>	<b>18 - 24 oz</b>
<b>3 - 4 weeks</b>	<b>3 - 4 oz</b>	<b>18 - 32 oz</b>
<b>1 - 2 months</b>	<b>4 - 5 oz</b>	<b>20 - 30 oz</b>
<b>2 - 3 months</b>	<b>5 - 6 oz</b>	<b>25 - 36 oz</b>
<b>4 - 6 months</b>	<b>7 - 8 oz</b>	<b>28 - 40 oz</b>
<b>6 - 9 months</b>	<b>7 - 8 oz</b>	<b>21 - 32 oz</b>
<b>9 - 12 months</b>	<b>7 - 8 oz</b>	<b>21 - 24 oz</b>
<b>12+ months</b>	<b>ask pediatrician</b>	<b>ask pediatrician</b>

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