

■ OhNewBaby - Baby Hydration Cheat Sheet ■

■ 0–6 Months:

- Breast milk or formula ONLY (no extra water needed).
- Provides all nutrition + hydration.

■ 6–12 Months:

- Small sips of water with solid foods.
- About 2–4 ounces per day is enough.
- Breast milk/formula still main source of nutrition.

■ 12+ Months:

- Up to 8–16 ounces of water per day.
- Whole milk + balanced diet provide main nutrients.

■ Signs of Dehydration:

- Fewer than 6 wet diapers/day
- Dark yellow urine
- Dry lips or mouth
- Sunken soft spot on head
- Excessive fussiness or lethargy

■ Parent Reminder:

Milk first, water later. Every baby is unique, always consult your pediatrician for personalized advice.