Your baby does not need extra water, baby food, or table foods before 4 to 6 months of age because:

- breastmilk and formula have everything your baby needs to grow and be healthy
- physically, your baby does not have the skill to eat solid foods
- starting foods too early can lead to developing allergies and becoming overweight.
- solid foods will not help your baby sleep through the night.

Breastfeeding

✱Most mothers who want to nurse their babies can do so. The more often you nurse, the more milk you will make.

✱Wash your hands with soap and water before each feeding.

✱Your baby should be on his or her side — with the face, chest, belly and knees facing you.

✱Cup your breast between your thumb and fingers ("C hold"). Keep your fingers away from the dark area around the nipple (called the areola). Lightly tickle your baby's lower lip with your nipple until baby's mouth opens wide.

✱Quickly center your nipple and areola into baby's mouth as you draw your baby closely toward your body.

✱During sucking, make sure some of the areola is in the baby's mouth. This makes nursing more comfortable for you and promotes good milk flow.

✱Allow your baby to nurse on one breast as long as he wants. Then burp your baby and offer the other breast. In the early days of nursing, feedings take aboout 30 minutes. As your baby grows and becomes better at nursing, feeding time usually becomes shorter.

✱Drink to thirst. Keep a glass of milk, juice, or water near you when you are breastfeeding.

✱Expect to nurse often. Newborns and young babies may nurse every two hours or even more often. Older babies usually nurse every three to four hours. It is not good for the baby to nurse on a time schedule — nurse whenever your baby needs to be nursed.

✱Breastmilk does not look like cow's milk. It looks thin, and is often bluish-white in color.

✱Breastfed babies have softer stools than formula fed babies and no problems with constipation. Breastfed babies don't spit up as much as formula fed babies.

✱Some breastfed babies may need a vitamin D supplement. Ask your doctor about vitamin and mineral supplements.

✱If you are going to be away and will miss a feeding, pump or hand express milk from your breasts into a very clean container for that feeding. Breastmilk can be saved in the refrigerator for up to 5 days. Check with your nutritionist or nurse for more information on collecting and storing breastmilk.

✱Remember, you can become pregnant while breastfeeding. Women who breastfeed can take birth control pills. Check with your doctor about the type you can use.

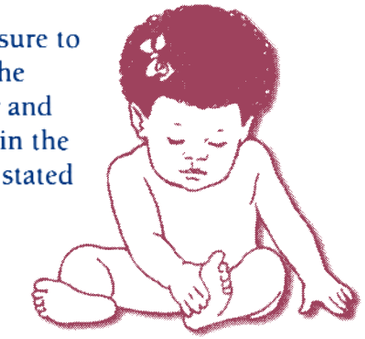
Formula feeding

✱Wash your hands with soap and water before mixing formula and before each feeding.

✱Prepare formula as instructed on the label.

✱Holes in the nipples should be large enough for breastmilk or iron-fortified formula to come through easily, but not so large that the breastmilk or formula comes too fast for the baby. Do not add cereal to the breastmilk or formula or use an infant feeder.

✱Cover opened cans of liquid formula and refrigerate immediately. You can prepare formula ahead of time — be sure to store it in the refrigerator and use it within the time frame stated on the can.



✱When feeding your baby, tilt the bottle so that the nipple is filled with breastmilk or formula.

✱While feeding, your baby will swallow some air. Burping allows your baby to release the trapped air. Newborns and young babies should be burped during and after each feeding.

✱Don't feed your baby a bottle that has been out of the refrigerator for more than two hours.

✱When you're going out carry chilled bottles of breastmilk or prepared formula in an insulated container.

✱Make feeding time warm and pleasurable for you and your baby — always hold your baby — NEVER prop the bottle while feeding or allow your baby to sleep with the bottle in his mouth. This can cause choking, tooth decay and ear infections.

✱Don't coat the nipple with sugar, honey or other sweetener. This can lead to cavities and development of a 'sweet tooth.' Honey can also cause a food borne illness — botulism — in

babies under one year of age.

✱ Do not heat breastmilk or formula in the microwave. The liquid can get hotter than you think it is and may burn your baby's mouth.

✱ Your baby will end a feeding when he is full, whether he has finished the bottle or not. Encouraging an infant to eat more than he wants may be a contributing factor to obesity later in life.

A Guide to Feeding Your Baby

Every 24 hours offer your baby:

On Demand or:

- Birth to 6 weeks ... 8 to 12+ feedings for at least 20 minutes
- 7 weeks to 4 months... 6 to 10+ feedings for at least 10 -15 minutes
- The amount of formula should range from 14 to 43 ounces

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Feeding Your Baby

Birth to 4 Months

Introduction

Feeding Your Baby: Birth to 4 Months is a guide that provides nutrition information for the physical and mental development of your baby.

Eating habits are formed at a very early age. You can help your baby develop good eating habits by making nutritious foods available in a pleasant setting.

This booklet is only a guide. Each baby's eating pattern varies according to growth rate, age, activity and many other factors.

If you have any questions about the information in this guide, ask your nutritionist, nurse, or doctor.

Baby Talk

✱ Although your baby cannot talk with words yet, your baby can let you know what his needs are. Babies often show that they are hungry by sucking on their fist or fingers or by rooting (opening their mouth and turning their head, as if searching for the breast or bottle).

✱ After a few minutes of these early cues, babies will usually resort to crying. Crying is not only a hunger cue — it may also be a signal that your baby is tired, wants to be held, needs a diaper change, needs to be burped, or needs to suck.

✱Be attentive to your baby and you will learn to 'read' your baby's early cues before your baby cries.

Your baby will end a feeding when he is full. Your baby may end a feeding by falling asleep, coming off the breast or bottle, turning his head away, or losing interest in sucking. If you try to continue the feeding after your baby has given some of these signals, he will probably resort to crying.

A Time to Eat

✱ Feed your baby whenever he signals that he is hungry. Your baby will have days when it seems he wants to eat all day long, and days when he will eat every few hours. This is normal. As a guide, babies should usually eat every 1 1/2 to 3 hours. Don't try to feed on a time schedule.

✱ Feeding your baby may take 20 to 30 minutes or longer. Relax and enjoy your baby. Always hold your baby comfortably close. At feeding times, babies receive both nourishment from their food and love from the person feeding them.

✱ Some early signs that baby is receiving plenty of nourishment include wetting at least 6-8 diapers a day and two or more stools a day. Older babies may have fewer stools.

✱ Remember, during the first few months your baby ONLY needs breastmilk or iron-fortified formula.