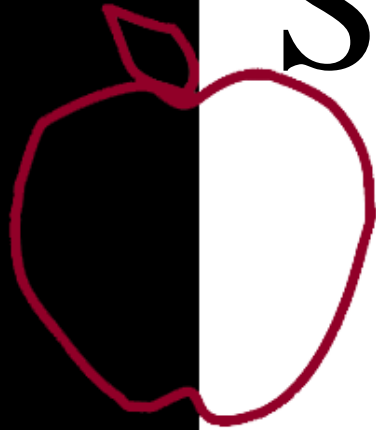


BIRTH TO SIX MONTHS FEEDING YOUR BABY



Congratulations on the birth of your new baby! In the coming months you'll need to be prepared to give your baby not only lots of tender loving care, but a healthy diet. Here are a few guidelines to follow during the first six months of your child's life. Proper nutrition will help your baby grow healthy and strong.

YOUR BABY NEEDS ONLY BREAST MILK OR FORMULA WITH IRON FOR THE FIRST 4 - 6 MONTHS.

1. Babies eat often - about every 3 - 4 hours. Some breast-fed babies may eat as often as every 2 to 3 hours.
2. Your baby does not need solid foods until he is 4 to 6 months old. At this age, he can sit with help and has some control of his head and neck.
3. Adding cereal to the baby bottle will not help your child sleep through the night. Babies will not usually sleep more than 6 hours at a time.
4. Do not give your baby extra water. Formula and breast milk will usually provide enough water.

IF YOU CHOOSE TO BREAST-FEED YOUR BABY, HERE ARE A FEW TIPS.

1. Breast milk provides complete nutrition for babies up to 6 months.
2. Breast milk is easily digested and protects your baby from infections.
3. Nurse your baby on demand about 8 to 12 times a day in the beginning. By about 4 months of age your baby will slowly cut back to 4 to 6 times a day.
4. Nurse your baby at least 5 to 15 minutes on each breast first. Some babies may nurse longer as they grow.
5. Six or more wet diapers per day is a good sign that your baby is getting enough fluid.

FORMULA IS A GOOD ALTERNATIVE TO BREAST MILK.

1. Formula with iron contains balanced nutrition for your baby.
2. Newborn babies should be fed 6 to 8 times a day. Offer at least 2 to 4 oz. of formula per feeding. As your baby grows, the number of feedings will decrease to 4 to 6 times a day with at least 6 to 8 oz. per feeding. By 3 to 4 months of age, your baby should drink 30 to 32 oz. each day.
3. Do not force your baby to finish the bottle. The infant will let you know when he is full by turning the head away or pushing the nipple out of the mouth.
4. Six or more wet diapers per day are a good sign that you baby is getting enough to eat.

DO NOT GIVE YOUR BABY COW'S MILK.

1. Cow's milk does not contain many of the nutrients your baby needs.
2. It can cause stomach upset or allergies.
3. Babies can develop anemia from cow's milk.

INTRODUCING SOLID FOODS

Your baby should be ready for solids between 4 to 6 months of age.
Watch for these signals to start giving solid foods:

1. Can sit with support.
2. Holds head up without support.
3. Shows interest in food when you eat.
4. Does not push food out of mouth.

YOUR CHILD'S FIRST SOLID FOOD MAY BE IRON FORTIFIED INFANT CEREAL AT 4 TO 6 MONTHS OF AGE.

1. Start with a thin mixture of infant rice cereal mixed with breast milk or formula. Rice cereal causes fewer allergies. Don't use juice or water or add fruits to cereal.
2. Wait at least 3 days before beginning another kind of cereal like oatmeal or barley.
3. Do not offer wheat cereal or wheat containing bread products yet. They may cause allergies.
4. Always use a small baby spoon to feed solids.
5. Never put cereal in the bottle. Your baby needs to learn how to eat food not drink it!
6. As your infant gets better at eating, make the cereal thicker.
7. Offer cereal at least 2 times each day.

Dietitian: _____ Phone: _____

