Breastmilk is the best food for babies. Breastmilk provides the nutrients your baby needs and keeps your baby well. It is recommended to breastfeed until your baby is at least 1 year old. If you are not feeding your baby breastmilk, iron-fortified formula is the next best choice.

**THE FIRST 3 MONTHS**

HELP YOUR BABY LEARN HEALTHY EATING

**HOW MUCH SHOULD YOUR BABY DRINK?**

**LET HIM DECIDE!**

He will learn to eat when he is hungry and stop when he is full. Babies have tiny tummies, so they need to feed often.

- Breastfed babies eat 8 to 12 or more times in 24 hours (day and night).
- Formula fed babies consume about 1-2 ounces of formula per feeding during the first month of life. This amount increases to about 2-3 ounces per feeding during the next months.
- Breastmilk or formula is all baby needs until about 6 months of age.
Keep in mind crying by itself is not a sign of hunger; babies cry for many reasons. Check why baby is uncomfortable. Is he wet, too hot or too cold, or tired?

**FEEDING TIME IS BONDING TIME**

Hold your baby while you feed him. This is a special time for both of you. Avoid propping a bottle since it can cause choking, and may lead to overfeeding.

**BEDTIME BOTTLE?**

It is a normal part of healthy development for babies to wake up during the night and sleep for short periods of time during the day. Put your baby to bed without a bottle. He will learn how to fall asleep without one.

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Your baby may be hungry if he:
- Keeps his hands near his mouth
- Bends his arms and legs
- Makes sucking noises
- Puckers his lips
- Searches for the nipple

Your baby is full if he:
- Sucks slower or stops sucking
- Relaxes his hands and arms
- Turns away from the nipple
- Pushes away
- Falls asleep

Watch your baby’s hunger and fullness signals and do not expect baby to finish a bottle.