

## THE FIRST 3 MONTHS

HELP YOUR BABY LEARN HEALTHY EATING



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.

### 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.





### **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.**

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.

