

Feeding Tips

Breast Feeding*

- Breastfeed early and often, at least 8-12 times/24 hours.
- Babies nurse with different patterns, but in general you want to empty the first breast first before feeding from the second breast.
- Six wet diapers and 1-3 dirty diapers a day are good signs that baby is getting enough breast milk.
- Contact your doctor or dietitian if you think baby is not getting enough milk.

Formula Feeding

- Never force a baby to finish a bottle.
- Bottles are for formula or breast milk only – never put baby food, sweet drinks or pop in a bottle.
- Never put baby to bed with a bottle – doing so could cause choking or tooth/gum decay.
- Hold and feed baby in a semi-upright position. Never prop your baby's bottle.
- Do not heat bottles in a microwave.

Other Recommendations

Try only one new food at a time for five days. This gives baby time to adjust to the new food.

When introducing baby foods, try to use iron-enriched sources. Do not feed baby directly from the jar. Instead, take the amount of food for one feeding and place it in a dish. Refrigerate the remaining food.

In the first year of life, only soft foods that are mashed or pureed are

[more...]

recommended. Due to choking risks, hot dogs, nuts, seeds, grapes, raisins, hard and round candy, hard vegetables, and popcorn should be avoided until age 4 or older.

Wait until baby's first birthday to feed egg whites or whole cow's milk.

Buy plain, one-item meats – avoid meat dinners or combinations. There is as much protein in one jar of strained chicken as in 4 $\frac{1}{3}$ jars of strained chicken and noodles.

** The American Academy of Pediatrics recommends breastfeeding for at least the first year of the baby's life. The Academy also recommends a vitamin D source for breastfeeding infants which can be safely provided by a vitamin supplement (i.e., 0.5ml Poly Vi Sol®).*

Contact Information

For questions or to speak with an outpatient dietitian, call Nationwide Children's Hospital Clinical Nutrition Outpatient Services at (614)722-5740.

Attention physicians: Referrals can be faxed to (614)722-5732 using the Nationwide Children's Hospital Medical Specialty Referral Form.

NationwideChildrens.org

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Infant Feeding Guide for Parents

Baby's First Year

Your Physician's Name: _____

Office Phone: _____



Infant Feeding Guide

		0-4 Months		4-6 Months	6-8 Months	8-10 Months	10-12 Months
Human Milk <i>*Recommended for at least the first year of life</i>		8-12 times per day		4-6 times per day	3-5 times per day	3-4 times per day	3-4 times per day
Formula	0-1 months	6-8 x/day	2-5 oz.	4-6 times per day <i>(6-8 oz. per serving)</i>	3-5 times per day <i>(6-8 oz. per serving)</i>	3-4 times per day <i>(6-8 oz. per serving)</i>	3-4 times per day <i>(6-8 oz. per serving)</i>
	1-2 months	5-7 x/day	3-6 oz.				
	2-3 months	4-7 x/day	4-7 oz.				
	3-4 months	4-6 x/day	6-8 oz.				
Grains	Cereal (<i>dry, single grain, iron fortified</i>)				6 months: 1-2 tablespoons by spoon 6-8 months: 2-4 tablespoons <i>(2 servings per day)</i>	1/3 cup	1/3 cup
	Bread, bagel or bun						
	Crackers				2	2	2
Fruits & Vegetables	Plain fruit juice (<i>unsweetened</i>) or baby fruit juice (<i>by cup only</i>)				3 ounces	3 ounces	3 ounces
	Fruit or vegetable <i>(4 servings per day)</i>				2-3 tablespoons <i>(per serving)</i>	2-3 tablespoons <i>(per serving)</i>	2-3 tablespoons <i>(per serving)</i>
Meat Plain—No Dinners <i>(2 servings per day)</i>					3-4 tablespoons <i>(per serving)</i>	3-4 tablespoons <i>(per serving)</i>	3-4 tablespoons <i>(per serving)</i>
—or— Egg Yolks (<i>no whites</i>)					1/2-1 medium yolk <i>(1-2 tablespoons)</i>	1 medium yolk <i>(2 tablespoons)</i>	1 medium yolk <i>(2 tablespoons)</i>
Butter or Margarine						1 teaspoon	1 teaspoon

** This infant feeding guide is intended to be used as a guide for feeding your baby during the first year. Your pediatrician or dietitian may have additional recommendations or suggestions you should follow.*

Note: 1 small baby food jar = 8 tablespoons