

## THE FIRST 3 MONTHS

HELP YOUR BABY LEARN HEALTHY EATING



Human milk is the best food for babies. Your milk provides the nutrients your baby needs and keeps your baby well. It is recommended to breast/chestfeed until your baby is at least 1 year old. If you are not feeding your baby human milk, iron-fortified formula is the next best choice.

### **HOW MUCH SHOULD YOUR BABY DRINK? LET BABY DECIDE!**

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

- 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.
- Human milk or formula is all baby needs until about 6 months of age.





### **Your baby may be hungry if they:**

- Keep hands near their mouth
- Bend arms and legs
- Make sucking noises
- Pucker lips
- Search for the nipple

### **Your baby is full if they:**

- Suck slower or stops sucking
- Relax hands and arms
- Turn away from the nipple
- Push away
- Fall 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 baby wet, too hot or too cold, or tired?

### **FEEDING TIME IS BONDING TIME**

Hold your baby while you feed them. 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. Baby will learn how to fall asleep without one.



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