

Feeding Guidelines

Helpful Hints for the Parents of Newborns

- The first few weeks of life are a very special time for you and your baby.
- Focus on your baby and learn her feeding cues.



Follow these guidelines to keep your baby healthy.

- The best food for your baby is breastmilk.
- Be sure to wash your hands before each feeding. Ask others to wash their hands, too. This could keep your baby from getting sick.
- Relax and enjoy feeding time. Your baby knows how much breastmilk or formula to take. When your baby releases the nipple and turns attention to other things, he's full. Also look for your baby's hands to relax.
- Your baby will take different amounts of breastmilk or formula at different feedings. Be sure to throw out the leftovers in each bottle. Always wash bottles and nipples with hot, soapy water, and rinse before using again.
- Newborns feed 8 to 12 times or more per day. This is normal.
- Always hold your baby at feeding time! This makes your baby feel loved and secure. Propping the bottle can cause ear infections. Also, you may not notice if baby chokes.
- A little spitting up is normal. Spit up breastmilk or formula will look curdled.
- Spit up formula will smell sour. This is normal. If you are worried about how much your baby is spitting up, you may be feeding too much at one time. Try giving less at each feeding. Be sure to burp baby gently several times during each feeding to prevent spitting up. Keep your baby as upright as possible during burping.



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- If you use formula, use iron-fortified formula. The iron does not cause colic or constipation. It helps your baby stay healthy.
- If you are feeding your baby only formula, buy extra formula when you can afford it. This way you will have it at all times. If you don't use powder formula, you may want to get some for days you and your baby are away from home.
- Wait until 6 months to start your baby on solid food. Feed with a spoon. Do not put your baby's food in the bottle! Starting food too early might cause allergies later.
- **Do NOT give honey any time during the first year.** It can cause deadly food poisoning.
- Sometimes babies have a fussy time, often in the late afternoon. This is normal, so try not to worry.
- Smoking around your baby can cause ear infections and breathing problems. Ask smokers to please step outside. If you smoke, this is a good time to quit or cut back.
- Do not smoke when you are feeding your baby.



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