

## INFANT FEEDING GUIDE

Our infant feeding guide is here to support you, whether you choose breastfeeding or bottle feeding, to help your baby get the best nutrition possible. Any amount of breast milk is beneficial, but if you prefer or need to use formula, choose an iron-fortified option until your baby turns one.

### Breastfeeding

- Colostrum is the initial milk produced after birth. Regular breast milk usually starts being produced between the third and fifth day postpartum. Most babies do not require supplementation during this period unless advised by a healthcare provider.
- Breastfeed your baby on demand, at least every 3-hours.
- Most babies nurse from both breasts for about 15-minutes per side, per feeding.
- The most effective way to boost breast milk supply is to frequently remove milk from the breast.
- Routine pumping is not recommended in the first month unless your baby is unable to latch or effectively remove milk from the breast. Pumping too soon may lead to an oversupply.
- Avoid artificial nipples, such as bottles or pacifiers, for the first 2-4 weeks until the latch is well established.
- Freshly expressed breast milk can be kept at room temperature for 4-hours, in the refrigerator for 4 days, in the freezer for 6 months, and in a deep freezer for 12-months.
- Previously frozen, thawed milk is good in the refrigerator for 24 hours and should not be refrozen.
- Seek help from a lactation consultant if you are experiencing pain, your infant is not satisfied after feeding, not gaining weight, or not having enough wet/stool diapers.

## INFANT FEEDING GUIDE (cont.)

### Bottle Feeding

- Always measure and mix formula according to the package directions, unless instructed otherwise by a physician or nurse.
- It is important to follow the guidelines for preparing and storing powdered formula:
  - **Use Within 2-Hours:** Prepared powdered formula should ideally be used within 2-hours of preparation if left at room temperature.
  - **Refrigeration:** If you need to store prepared formula for later use, it should be stored in the refrigerator. It can typically be kept safely for up to 24-hours under refrigeration.
  - **Discard Leftovers:** Any formula that has not been consumed within the recommended time frames should be discarded.
  - **Check Instructions:** Always check the specific instructions on the formula packaging, as different brands may have slight variations in their recommendations.
- Always hold your baby in your arms while bottle feeding. Never prop the bottle up with pillows or other items to feed your baby. Propping can lead to choking, improper feeding, tooth decay and an increased incidence of ear infection.
- Avoid heating formula or breast milk in the microwave as it can degrade nutrients and create unevenly heated hot spots.
- Do not mix cereal or other foods into the bottle. Adding cereal to the bottle does not aid infants in sleeping through the night.

## INFANT FEEDING GUIDE (cont.)

### Breast Milk or Iron-Fortified Formula Guide

AGE (MONTHS)	0-1	1-2	2-4	4-6	6-8	8-10	10-12
PER FEEDING AMOUNT	1-3OZ	2-4OZ	3-5OZ	4-8OZ	4-8OZ	4-8OZ	4-8OZ
DAILY AMOUNT	12-24OZ	18-32OZ	22-35OZ	29-40OZ	29-40OZ	24-32OZ	24-32OZ

### Important Reminders

- Feed your infant on demand, holding them close and monitoring feeding cues.
- Avoid pressuring your infant to finish a bottle.
- Breast milk or formula provides all the necessary nutrition and hydration for your infant until they reach 6-months of age.
- Before handling infant formula or breastmilk, wash your hands thoroughly.
- Clean and sanitize bottles after each use.

## INFANT FEEDING GUIDE (cont.)

### Feeding Solids

- Start introducing solid foods when your baby displays signs of readiness, typically around 6-months old. Look for signs like sitting with minimal support, strong head and neck control, showing curiosity about food, opening their mouth for food, and being able to chew and swallow. Your child should be able to sit upright in a highchair and actively engage in meals. Avoid feeding your infant while they are in a bouncer or reclined position. There is no benefit to introducing foods early. Infants' gastrointestinal tract and kidneys are not mature enough for foods before 4-months of age.
- Early introduction of allergen foods (such as egg and nuts) has been shown to decrease the risk of developing an allergy to that food. Discuss with your doctor when and how to safely introduce these foods to your infant.
- Avoid forcing your child to eat. If they are crying, spitting out food, or turning their head away, stop feeding and try again later.
- When your baby starts solid foods, you may introduce small amounts of water (about 2-4oz daily for 6-8 months old and 4-8oz for 8-12 months old). This is a good time to introduce an open lid cup, but don't expect skillful use right away.
- Breastfed infants need more iron in their diet. Meats, fish, eggs, beans, leafy greens, and iron fortified infant cereals are good sources of iron.
- Do not add salt or sugar to your child's food.
- Do not give honey or foods containing honey to your child until after their first birthday to avoid the risk of botulism.
- Whole grapes, hot dogs, nuts, popcorn, globs of peanut butter, and hard, raw vegetables are common choking hazards.
- Your baby may have small amounts of processed dairy such as low sodium cheeses and plain yogurt. Do not give cow's milk until after 12-months of age.
- Juice is not typically recommended for infants or toddlers. After 1-year of age, any juice given should be pasteurized, 100% juice offered in an open lid cup (not in a bottle or sippy cup) and limited to no more than 4oz per day.
- We recommend taking an infant or adult CPR class to learn how to care for your baby in an emergency, such as choking. You can find CPR classes at [bloom-u.com](http://bloom-u.com).