



# Quick Tips for Infant Feeding



## Breastfeeding

- If you just started breastfeeding and are frustrated, don't give up! Many moms have a hard time when they start breastfeeding, but after 2 to 4 weeks, you should have the hang of things. Ask other moms or a lactation consultant for tips on breastfeeding-- chances are, if you're having a problem, other moms have had the same problem before.
- Having a hard time feeding your baby on the go? Many stores have private spaces for moms to nurse their babies. Ask the store or other moms about them. You can also buy or rent an electric breast pump. Many insurance plans, including some Medicaid plans, cover all or part of the cost. You can pump your milk at home and feed your baby a bottle of breast milk when you're out.
- Heading back to work? Start building a supply of milk and store it in your freezer 3 to 4 weeks before you go back to work. You will end up with enough bottles to help you get through the first few days of pumping at work. To do this, try pumping right after you breastfeed your baby in the morning. Usually moms have more milk than their babies can eat in the early morning.

## Bottlefeeding

- Put only breast milk or formula in your baby's bottle.
- Make sure you take the bottle away if your baby falls asleep. If you let the baby keep the bottle in his mouth when he's sleeping, formula can stay in his mouth and can damage his teeth or cause him to choke.
- If your baby is too young to hold the bottle on his own, make sure someone holds it for him and takes it away when he's done. Don't use pillows or other items to hold the bottle for you. This makes it hard for your baby to spit the bottle out when he's done, which can make him choke or cause an ear infection. It can also cause him to over-feed after he is already full.

Microwaves and baby bottles don't mix! For your baby's safety, don't warm bottles in the microwave.

Microwaves don't heat liquid evenly, so the bottle can get too hot and burn your baby as he is drinking. It's safer to warm the bottle in hot water instead. Test the temperature of formula or breast milk on the inside of your wrist before you give it to your baby to make sure it's not too hot.





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## Starting Solid Food

- For the first 4 to 6 months of life, babies get all the nutrition they need through breast milk or formula.
- Is your baby 6 months old and ready to try solid foods? Start with simple, basic foods like rice cereal. Choose iron-fortified cereals, and add breast milk or warm formula to the cereal. The first time you give your baby solid food, try 1 tablespoon of cereal mixed with 4 or 5 tablespoons of breast milk or formula.
- Start with vegetables and meat first. That way your baby will learn to like those flavors before he gets used to the sweet flavor of fruits. Let your baby have at least 2 to 3 days before introducing a new food.
- Start with small serving sizes: just 1 or 2 small spoonfuls at a time. Don't make your baby eat if he is not hungry. If he leans back or turns away, he is full.
- After a few months of solids, your baby will be eating 3 meals that include cereal, vegetables, fruits, and meats. Continue to feed him breast milk or formula as part of his diet. Try giving it in a cup at meals so your baby can learn how to drink from one.



## Picky Eaters

- Is there one food your baby just won't try? When he's hungry, give him a spoonful of the food he doesn't like. He's more likely to try the food if he's hungry.
- Variety is important! Get your baby used to eating a lot of different flavors and textures. Plus, vegetables and meats have less sugar than fruits or cereal.
- What's on your plate? Try to eat a healthy diet, too. Your baby watches you and wants to copy you. If you are eating and enjoying healthy foods, he will want to try them too.