## Infant Feeding Guide

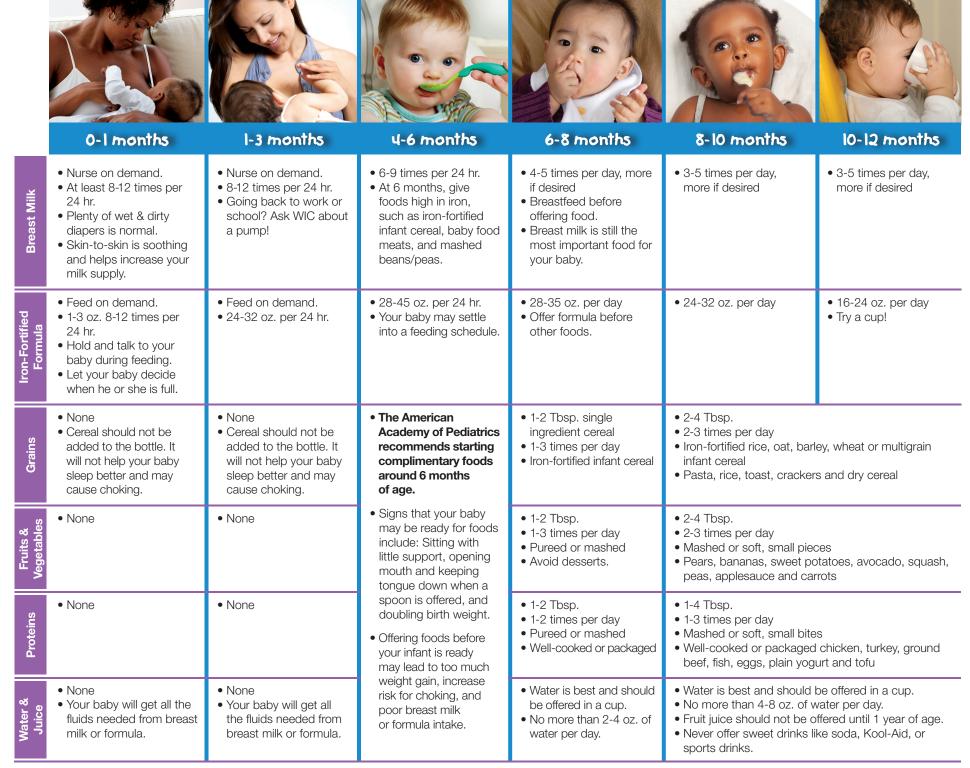


Breastfeed as long as you and your baby desire, the American Academy of Pediatrics recommends at least 1 year and the World Health Organization recommends at least 2 years. Iron-fortified infant formula may be substituted if breastfeeding is not possible.





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## **TIPS**

- All infants taking in less than 32 oz/day of formula should take a vitamin D supplement of 400 IU.
- A sudden increase in hunger may be due to a growth spurt.
- Newborns will eat often, this is normal.
- Only breast milk, formula or water should go in the bottle.
- Your baby may start sleeping through the night by 2-3 months.
- Wipe your baby's gums (each night, after feeding, etc) with a clean cloth to prevent future dental problems.
- Start with one new food every 3-5 days.
- Signs of allergy may include wheezing, rash, or diarrhea.
- Foods that could cause choking include grapes, nuts, candy, hot dogs and peanut butter.
- Eat together and model healthy eating.
- Avoid cow's milk (or other milks) and honey for the first year.
- Allow self-feeding as your baby is ready.

## To make sure your baby is safe during feeding:

- Never leave your baby alone when eating.
- Wash your hands and all utensils well.
- Cook home-made foods well.
- Never offer high risk foods like unpasteurized dairy.

This guide includes recommendations for the average, healthy infant. Every baby is different, if you have questions or concerns call your doctor to discuss.

Adapted from Montana WIC