

Feeding Your New Baby

Your baby is unique. How much and how often you feed your baby will depend on what they need. You'll discover this as you spend time with your baby.

Stick with breast milk or formula.

Breast milk and infant formulas provide all the nutrients your baby needs to grow. Don't give your newborn baby cereal, juice, milk, or water.



Feed on demand.

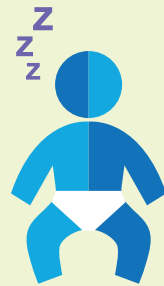
Watch for signs that your baby is hungry. They might stick out their tongues, move their hands to their mouth, smack their lips, or cry. You may need to feed your baby every 1 to 3 hours. The time between feedings will get longer as they grow older.

Look for signs of fullness.

Newborns eat 1 to 2 ounces at each feeding, but this increases as they get older. When babies are full, they may turn their heads away from the breast or bottle or close their mouths. A full baby should seem happy and relaxed.

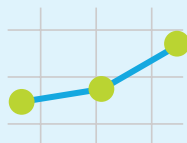
Expect changes.

Babies grow quickly and go through times when they want to eat more. Pay attention to their hunger signals and do not stick to a strict feeding schedule.



Watch your baby grow.

Your baby should have regular wet and dirty diapers. If they are gaining weight and taking bottles, these are signs that they are getting enough to eat.



Ask for help.

Talk to your baby's provider or a lactation consultant if you have any questions or concerns.

For more information: www.greauxhealthy.org

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