

# Guide to Feeding a Newborn

## Breastfeeding, 0-12 Months



In the early days after a baby's birth, the mother should plan to breastfeed every two to three hours, including overnight. It is normal for infants to wake up overnight to feed for the first several months.

The mother should respond to the infant's hunger cues in a prompt and relaxed manner, providing a quiet and comfortable environment for both herself and the baby. Frustrated/distracted infants may have difficulty latching.

Alternate breasts to feed on, and allow the infant to completely empty the breast before switching to the other. This practice ensures the infant receives hindmilk, which is richer in nutrients.



Follow your baby's feeding cues and resist forcing a schedule. Instead, rely on keeping track of wet diapers and your baby's growth to judge whether they are receiving enough breast milk.

A mother's milk changes as the infant grows, and feeding habits change as well in order to best meet an infant's needs.



When not able to nurse, use a breast pump to extract milk and maintain milk supply. Pumped breast milk should be stored safely, using appropriate temperature guidelines.

Pumped breast milk may be offered to infants in bottles, while responding to the same feeding cues to determine how much they take. Forcing bottles to be emptied may result in overfeeding and excess weight gain, even when feeding breast milk.

## Formula Feeding, 0-12 Months

When breast milk is not available, standard infant formula is an appropriate alternative for most healthy full term infants, but there are some differences between brands. Do not hesitate to ask your health care provider for a recommendation if you are unsure which formula to use.



Bottle-feeding should be interactive, with the caregiver holding both the bottle and the infant. Propping a bottle has been linked to an increased risk of ear infections and tooth decay.

Formula feeding should be in response to the baby's needs and not based on a predetermined schedule. Look for cues of hunger and fullness to determine both when to feed and how much. The number of wet diapers per day and your baby's growth will reflect if they are getting enough formula.



The amount of formula a baby takes will decrease as the baby increases intake of solid foods, but formula remains a significant source of calories, protein, calcium and vitamin D for the first year of life.

Ask your healthcare provider before switching an infant less than 1 year of age from formula to cow's milk or a cow's milk alternative.

This chart shows common feeding amounts for infants. However, ask your healthcare provider if you have any questions about how much formula your infant drinks.

Age	Oz. per feed	Feeds per day
1 month	2-4 ounces	6-8 feeds
2 months	5-6 ounces	5-6 feeds
3-5 months	6-7 ounces	5-6 feeds

**Be aware of these overfeeding signs:**

Stomach Pain

Gas

Spit Up

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