

# Kentucky Infant Feeding Guide

## Birth to Four Months

### Food

**Breast Milk or Infant Formula**



**Breast milk is the best food for your baby.**



**Provide iron-fortified formula if you cannot breastfeed.**

### Age, Development and Feeding Skills

#### 0-1 Month

**Baby will show signs of when he or she needs to be fed.**

**Baby can root, suck and swallow.**

**Baby cuddles and needs to be held.**



**Hold your baby close and look into their eyes as you feed them.**



### Special Notes

**Feed on demand or when your baby is hungry.**

**Recognize Hunger Cues:**

- Baby roots or turns head and opens mouth to search for food
- Baby moves lips, sucks on hands
- Baby cries or gets more fussy

**Recognize Fullness Cues:**

- Baby turns head away from breast or bottle
- Closes mouth
- Slows down eating and becomes interested in other things
- Baby falls asleep



**Breast milk alone is considered the best food for the first 6 months.**

**Baby has had enough breast milk if:**

- Nursing 8 - 12 times a day and sleeps in between feedings
- Baby is nursing on each breast about 10 - 20 minutes
- Has 6 or more wet diapers a day and at least one dirty diaper a day
- Appears happy and content between feedings
- Gaining weight (5 - 7 oz. per week after 5 days old)

**Formula Feeding**

- Check the expiration date on the formula can.
- If your water comes from a cistern or well, it may be unsafe for your baby. Ask your local health department about testing your water.
- For the first 3 months, sterilize the water. Boil the water for 1 minute. Let the water cool before mixing it with the formula. The water should not contain added fluoride for the first six months.
- Prepare concentrate and powdered formula by the directions on the can.
- Prepared formula should be used immediately or stored in the refrigerator. Formula will keep up to 2 days if kept in the refrigerator.
- Never use the microwave to warm your bottles. It can get very hot and burn the baby's mouth.
- Formula left over in a bottle after feeding should be thrown away.
- Hold your baby upright during feedings and tilt the bottle so there is a good flow of formula.

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Food	Age, Development and Feeding Skills	Special Notes
<b>Breast Milk or Infant Formula</b>	<p><b><u>1 - 2 months</u></b></p> <p>Feed on demand or when your baby is hungry.</p> <p>Your baby will follow you with her eyes.</p> <p>Baby may reach to hold your finger or hand while feeding.</p> <p>Starts to try to hold head steady, but may still need support.</p>	<ul style="list-style-type: none"> <li>• Your baby can eat more at a time and may go longer between feedings.</li> <li>• Baby will gradually take more ounces at a time during a feeding.</li> <li>• Most babies will take 4-6 ounces of breast milk or formula at a feeding.</li> <li>• If you are bottle feeding, it is common for your baby to eat 24 - 34 ounces of formula a day.</li> <li>• Spitting up can be a result of overfeeding.</li> <li>• Remember to follow hunger and fullness cues.</li> <li>• Sometimes your baby will cry for other reasons than hunger. It can be normal for your baby to cry 2 - 3 hours a day.</li> <li>• Never give baby honey due to the risk of botulism poisoning.</li> </ul>
	<p><b><u>2 - 3 months</u></b></p> <p>Baby will put their hand in their mouth often.</p> <p>Baby will smile at the sound of your voice.</p>	<ul style="list-style-type: none"> <li>• At 2 months, ask your doctor about providing a vitamin D supplement.</li> <li>• Breast milk and formula is still the only food needed for you baby.</li> <li>• There is no need for extra water or juice.</li> <li>• Solids food can be introduced too quickly. Food sensitivity or food allergies can develop from starting solid foods too soon.</li> <li>• Continue to nurse at the breast 6 - 12 times a day or provide 26 - 40 ounces of formula a day.</li> </ul>
	<p><b><u>3 - 4 months</u></b></p> <p>Baby cannot eat solid foods yet. If offered food, she will push it back out of her mouth with her tongue. This is a normal reflex that will disappear between 4-6 months of age.</p> <p>Baby may try to pick up and grasp objects.</p> <p>Baby can raise his head when laying on his belly.</p>	<ul style="list-style-type: none"> <li>• By 4 months, your baby may double their birth weight.</li> <li>• Breast milk and/or formula continue to provide all the nutrients needed for your baby to grow.</li> <li>• Continue to breast feed 5 or more times daily or give 26-39 ounces of formula a day.</li> <li>• Care for your baby's mouth by wiping the gums gently with a soft clean wash cloth after feeding.</li> <li>• Your baby will soon begin to show signs of readiness for eating solid foods.</li> </ul>

