

Feeding Your Child

A Guide to Your Child's Nutritional Needs



The Newborn to Three Month Old





The Newborn to 3 Month Old

Your First Decision: Breast or Bottle

The first decision you make about your baby's nutrition will be the hardest because it is a personal choice. Breast milk is nature's perfect food; it comes in one form, ready-to-feed, no preparation needed. Listed below are a few reasons why breastfeeding may be the best choice for you and your baby.

Breast milk:

- **provides the nutrients needed and in the right amounts for baby.**
- **is always ready and easy to digest.**
- **is economical.**

Breastfed babies have less risk of developing:

- ◆ allergies and asthma
- ◆ ear infections
- ◆ illnesses
- ◆ stomach and intestinal disorders
- ◆ upper respiratory infections
- ◆ weight problems
- ◆ tooth decay
- ◆ diabetes
- ◆ skin rashes

When you breastfeed:

- ◆ there's nothing to buy, carry, heat or measure.
- ◆ nighttime feedings are easier.

We have the expertise to help you with any breastfeeding concerns or difficulties as well as helping you transition back to work. To speak with a lactation consultant or a lactation educator, call the Health Care Center at 919-531-8809 with questions so that stressful problems can be prevented.

If you decide that breastfeeding is not the right choice for you, we will be happy to assist you with your bottle feeding decisions, including which formula to use and how to prepare formula.

The Breastfeeding Newborn

You can expect your newborn to breastfeed every 2-3 hours.

- ◆ **Daytime breastfeeding** intervals should be no longer than **3 hours apart**.
- ◆ **Nighttime breastfeeding** intervals can be up to **4 hours apart**.
- ◆ **A breastfeeding interval** is from the **beginning** of one feeding to the **beginning** of the next feeding.

Your baby may cluster feed 2-3 times in four hours and sleep for four hours. This is okay. If your baby consistently sleeps 4-5 hours during the **day**, wake them up to feed them as they are not reading their body's messages that they need to eat.

Duration of Feedings

After allowing sufficient time for your milk to let down, breastfeed:

- ◆ **at least 10-40 minutes per feeding**, or until your breast has fully emptied.
- ◆ **8-12 times in 24 hours.**

Breastfed babies who fall asleep before they finish the first breast need to be awakened so they can finish the feeding. Lay your baby unwrapped on their back. Their own movements will often awaken them to an alert, ready-to-feed state. If they still do not wake up, you can try changing their diaper, gently stroking or massaging their arms or legs, patting their back, holding them upright or washing their face with a cool washcloth.

You will know that breastfeeding is going well if:

You can hear or see your baby swallow during a feeding.

Your baby nurses at least 8 times in 24 hours.

Your breasts feel softer, less full and look smaller after your baby has nursed.

You see at least 6-8 wet diapers and 2-5 soft, yellow stools per day after your milk has come in.

Your baby seems satisfied after breastfeeding and ends feedings on their own.

Your baby is gaining 4-7 ounces a week.

The Bottle Feeding Newborn

Newborns who are fed formula will probably drink 2-3 ounces of formula every 2-3 hours, which is about 16-20 ounces in 24 hours. All newborn babies need to be fed at least once during the night. As your baby gets older, they will drink more at each feeding and go longer between feedings.

You will know that bottle feeding is going well if:

Your baby is gaining weight.

You see at least 6 wet diapers and 1 bowel movement per day.

Your baby seems content at the end of feedings.

Your baby will usually let you know when they are hungry. However, not all crying means your baby is hungry. Your baby may suck on their hands or make sucking noises or movements to comfort themselves. If you comfort your baby and allow them to suck on a pacifier or finger and they still cry, they may be ready to eat.

Your baby is probably full when they:

- ◆ refuse or lack interest in breast or bottle.
- ◆ relax arms alongside their body.

Nutrition Supplements

Breast milk contains the right combination of vitamins and easily absorbed iron that is sufficient until your baby begins eating around 6 months of age. A healthy infant being nursed by a healthy mother does not need any additional vitamins or nutritional supplements, with the exception of **vitamin D**.

Breast milk does contain some vitamin D, and vitamin D is produced by the body when the skin is exposed to sunlight. However, sun exposure increases the risk of skin damage so parents are advised to minimize exposure.

The American Academy of Pediatrics recommends that all breastfed and partially breastfed babies receive a supplement of 400 IU of vitamin D3 daily starting in the first few days of life and continue unless the infant consumes at least 32 ounces of vitamin D-fortified formula daily.

Formula contains the right blend of vitamins, including vitamin D, so supplements are usually not necessary. If you are not breastfeeding, iron-fortified formula is recommended for a baby's first year of life. Cow's milk, goat's milk and soymilk are not recommended until after your baby's first birthday.

Breast milk and/or iron-fortified formula will provide all of your infant's nutritional needs for the first 6 months of life. Current recommendations suggest delaying the addition of solid foods until 6 months of age or when your infant can sit with support and has developed the oral motor skills necessary to safely chew and swallow food.

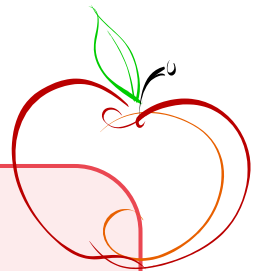
Sources

Feeding Your 1- to 3-month Old, Kids Health, kidshealth.org.

Feeding Infants – A Guide for Use in the Child Nutrition Programs, United States Department of Agriculture, Food and Nutrition Services.

Academy of Nutrition and Dietetics, eatright.org.

American Academy of Pediatrics, aap.org.



Helpful Infant Feeding Apps

Eat Sleep: Simple Baby Tracking

Keep tabs on feeding and sleep schedules as well as diaper changes with just one tap. View daily, weekly or monthly trends.

Glow Baby

Track your baby's nursing progress in real time with an easy-to-use timer. Log feedings, growth, diaper changes and more!

MammaBaby

Log baby's feeding, sleeping, diaper changes, and growth. Help baby achieve key milestones with timely parenting tips.