

FEEDING YOUR BABY

The first year of life is an important time in your child's nutritional development. It is during this time that your baby will learn good eating habits which will follow him or her through life.

BREAST AND FORMULA FEEDING

There are many factors which need to be considered by a mother when she decides whether to breast feed or bottle feed. Whichever method you choose, we will support your decision. Breast feeding is recommended as the initial method of infant feeding. In addition to meeting the nutritional needs of your baby, breast milk contains important factors which help develop your baby's immune system. Formula (as Enfamil with iron) also provides balanced nutrients that your baby needs for optimal growth and development and is formulated to imitate the nutritional constituents of breast milk as closely as possible.

FEEDING SCHEDULE

Whether you breast or bottle feed, allow your baby to feed on a modified demand schedule, at intervals of three to five hours from the start of one feeding to the start of the next. If your baby sleeps longer than five hours during the day, we suggest that you wake and feed him or her. If your baby sleeps longer than five hours at night, consider yourself lucky and do not wake the baby for a feeding.

When feeding your baby, choose a position which is most comfortable for you and your baby. However, keep in mind that he or she should be in a semi-upright position during feedings. Additionally, keep the baby in a semi-upright position for at least 30 minutes after each feeding.

BREAST FEEDING

If you are breast feeding, the baby may nurse for 15 minutes on one breast and then on the other for up to 15 more minutes. Alternate the starting breast at each feeding. If you wish to supplement breast feeding, you may supplement once a day at a fixed time.

FORMULA FEEDING

If you are bottle feeding, start by putting four ounces of formula in every bottle. Let the baby take as much as he or she wants. As your child develops, gradually increase the amount of formula in each bottle to stay ahead of demand. Always try to have at least one half ounce of formula left in the bottle when your baby is finished eating.

SWITCHING TO SOLIDS

Solid foods are not necessary for the first four to six months of life unless the baby is obviously hungry. Indications that the baby is hungry would include consistently increased frequency or breast feeding or consistently taking more than 40 ounces of formula a day. Even if your baby seems hungry, solid foods should not replace breast or bottle feeding, but rather should act as a supplement.

Following are some overall guidelines for introducing solids to your baby:

1. Whenever starting a new food, introduce it early in the day (before 2:00 P.M.)
2. Do not introduce more than one new food to your infant at a time, and use the new food for a minimum of three days before introducing a different food.
3. When introducing any new food, start your baby on up to one tablespoon at the first feeding. You may gradually increase the amount.
4. When starting any new food, there may be a change in the child's bowel habits.

CEREAL**4 - 6 months**

When introducing cereal, mix it to a thin consistency with either breast milk or formula.

Because it is least likely to cause an allergic reaction, start with rice cereal. You may then switch to barley or oatmeal.

Feed your baby cereal once a day, in the morning (between 6 a.m. and 10 a.m.) at first.

NEVER PUT CEREAL IN A BOTTLE UNLESS YOU ARE SPECIFICALLY TOLD TO DO SO BY A DOCTOR.

FRUIT**5 – 6 months**

Begin the introduction of fruit with bananas, apples or pears.

Feed your baby fruit twice a day, in the morning (between 6 a.m. and 10 a.m.) and at midday (between 11 a.m. and 3 p.m.).

VEGETABLES**5 ½ - 6 ½ months**

Start with yellow vegetables (carrots, squash or sweet potatoes) then add green vegetables (peas, green beans).

Feed your baby vegetables twice a day, at midday (between 11 a.m. and 3 p.m.) and in the evening (between 4 p.m. and 6 p.m.)

MEAT**7 - 8 months**

Make sure that any meat you feed your baby is strained or ground.

Feed your baby meat once a day, at the midday meal (between 11 a.m. and 3 p.m.)

YOGURT, SOFT CHEESES**8 months**

Use live cultured yogurt in plain or vanilla flavor. Do not use yogurt with large pieces of fruit.

Start with any soft cheese, like cottage cheese, ricotta cheese or cream cheese.

Feed your baby yogurt or soft cheese once a day.

WHOLE MILK**12 months**

Switch your child from bottle or breast and onto **WHOLE** milk only.

To introduce milk, mix your baby's cereal with milk for two to three days. If the baby tolerates the milk without a problem, substitute one bottle of milk for a bottle of formula (or one breast feeding).

Gradually increase the number of bottles of milk per day, until the child is taking only milk and no formula (or breast milk).

After a year of age, you should limit your child's intake of milk to 16 to 24 ounces per day.

OTHER INFORMATION**9 – 12 months**

Between 9 and 12 months, your child should move toward a more adult-like schedule of eating. He or she may eat table food as long as certain guidelines are followed:

1. It is the consistency of the food, and the size of the piece of food that is most important. Do NOT feed your child foods that he or she may choke on, like **NUTS, PRETZELS, WHOLE GRAPES, RAISINS, LARGE PIECES OR RAW VEGETABLE OR FRUIT**, or **POPCORN** until he or she is at least 3 years of age. **NEVER** give your child **SUCKING CANDIES** or **CHEWING GUM**.
2. Meat, including hot dogs and hamburgers, should be cut into small pieces.
3. Vegetables should be well cooked. Do NOT give your child raw vegetables, especially whole carrots.
4. Fruit should be cut into small pieces. **NEVER** give your child a whole piece of fruit.
5. Avoid allergic foods, like shellfish, berries, peanut butter and chocolate.
6. Avoid soda.
7. Do NOT use honey.
8. Foods high in cholesterol help build brain and nerve tissue. Do not try to limit your child's intake of cholesterol.
9. Your child's appetite may start to wane around 12 months of age. This behavior may continue until the child is well over 2 years of age.
10. Do NOT give your child juice.

