

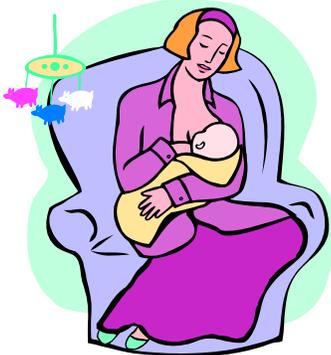
Feeding Your Infant: *Birth to 6 Months*

Welcome to one of the most challenging and rewarding jobs in the world - feeding your baby. For the next six months, breast milk and/or formula will provide all the nutrients your baby will need. Newborns will want to eat as often as every two to three hours. When feeding your baby pay close attention to your baby's cues, such as crying and lip smacking. Your baby knows how much they need to eat. Their tummies only hold a few ounces at a time. Six to eight wet diapers a day are a good sign that your baby is getting enough to eat.



Breast Feeding

Breast milk is the best food you can give your baby. It is always clean, fresh, and ready when your baby is hungry. Babies can digest breast milk easier than formula. Breast milk also helps prevent infections and may help reduce allergies. It is also less expensive than formula feeding, helps moms lose weight gained during pregnancy, and builds a special bond between mom and baby.



Guidelines for Storing Pumped Breast Milk

- Wash hands.
- Store breast milk in glass or hard plastic containers that have been washed in hot, soapy water and rinsed. You may also use freezer milk bags that are designed for storing human milk, but they may leak when the milk is thawed.
- Write the date on the container. Freeze milk in single feeding portions. You may consider freezing one to two ounce portions for when your baby wants a little more to eat.
- Do not add warm breast milk to frozen breast milk. If fresh breast milk is added to frozen breast milk, a thin layer of milk thaws. This may result in bacterial growth.
- Warm or thaw frozen breast milk quickly by gently shaking or rotating the sealed container under warm running water. Do not use the microwave or boiling hot water as it may damage the protective substances in milk.
- Do not thaw breast milk on the counter top. Use breast milk immediately after it is warmed to avoid the chance of bacterial growth.
- Throw away any breast milk left in the bottle after feeding.

Breast Milk Storage Times

Room temperature	4 hours
Refrigerator	5-7 days
Freezer attached to a refrigerator	3-4 months
Separate deep freeze	6-12 months

Know how. Know **now**.

Bottle Feeding

If you bottle feed your baby, be sure to hold your baby so you can see their face. Always hold the bottle when feeding a baby. Never lean the bottle against another object because babies can easily choke or develop ear infections if the bottle is left in their mouth when they have finished feeding. The baby will also benefit from the closeness of being held during feedings. Use iron-fortified formulas that are designed to meet your baby's nutritional needs. **Do not use cow's milk until after your baby turns one year old!** Cow's milk is not recommended before your baby is one year old because it is harder for your baby to digest and it does not contain enough of some of the important nutrients that your baby needs to grow such as iron. Please talk with your baby's doctor before giving your baby cow's milk.



Guidelines for Bottle Feeding

- Formula comes in many different forms including ready-to-use, liquid concentrate and dry powder. Ready-to-use formula needs no added water and is the most expensive. The powder is the least expensive choice. Carefully follow directions on the container.
- Try to feed your baby the formula within 30 minutes after you make it. If it is not eaten within an hour, throw it away and start again with a clean bottle. Do not feed formula left at room temperature for more than an hour.
- Keep any opened can of liquid formula covered in the refrigerator. An open can of liquid formula can be kept for 48 hours if tightly covered and immediately placed in the refrigerator. Formula prepared from powder should be refrigerated and used within 24 hours. Do not freeze infant formula.
- Never heat bottles in a microwave. Microwaving bottles can cause hot spots inside the bottle that can burn your baby's mouth and tummy. It is best to warm a bottle in a pan of hot water or run hot water over the bottle.

Source: <http://lalecheleague.org> and Milkworks 402-423-6402