Breastfeeding

Formula feeding

Baby’s first foods

Food and drinks to avoid

Signs that baby is hungry or full

Infants 0–5 Months
### Breastfeeding

**Suggested Questions:**
- How is breastfeeding going?
- What questions do you have about breastfeeding?

**Tips:**
- Breastmilk is the only food your baby needs.
- Breastfeed frequently, at least 8–12 times in 24 hours.
- Avoid giving your baby any formula, water, teas, or a pacifier in the first month.
- You will know if your baby is getting enough to eat if baby has 6 to 8 wet and 4 more poopy diapers per day, and the doctor says that baby is gaining weight.
- It’s normal to have questions and need help.

**Handouts:**
- #4 Babies First – Answers for Breastfeeding Problems
- How to Tell if Your Baby is Hungry (tear off sheet)
- Signs That Your Baby is Well Fed (BF bookmark)

### Formula feeding

**Suggested Question:**
- What questions or concerns do you have about preparing formula or feeding your baby?

**Tips:**
- Prepare formula according to the instructions on the label. Use the right amount of clean water.
- Always hold your baby when bottle feeding.
- Never prop the bottle or put your baby to bed with a bottle.
- Do not put cereal in the bottle.
- Feed baby when baby sucks on hand, smacks lips, turns head toward your breast, acts fussy.
- Stop feeding baby when baby turns head away, closes mouth, loses interest in eating, or falls asleep.

**Handouts:**
- A Nutrition Guide for Birth to 6 Months
- How to Tell if Your Baby is Hungry (tear off sheet)

### Baby’s first foods

**Suggested Question:**
- What questions do you have about first foods for your baby?

**Tips:**
- Breastmilk or formula is the only food your baby needs.
- Starting solid foods too early may cause allergies or choking.
- Wait until your baby shows all the signs of readiness, around 6 months. Signs include sitting up without support, reaching and grabbing, and taking food from a spoon.
- WIC will add cereal to baby’s WIC checks at six months.
- Do not put cereal in the bottle.

**Handout:**
- Feeding Your Baby: Birth to 8 Months

### Food and drinks to avoid

**Suggested Question:**
- What have you heard about food or drinks that your baby should not have right now?

**Tips:**
- Never feed your baby honey or foods made with honey.
- Starting solid foods too early may cause allergies or choking.
- Do not put cereal in the bottle.
- Water or juice is not recommended before 6 months. Babies get enough liquid from breastmilk or formula.
- Do not give regular cow’s milk until your baby turns one year old.

**Handout:**
- Feeding Your Baby: Birth to 8 Months

### Topic of your choice

**Suggested Question:**
- How do you know when your baby is hungry or full?

**Tips:**
- Feed baby when baby sucks on hand, smacks lips, turns head toward your breast, acts fussy.
- Stop feeding baby when baby turns head away, closes mouth, loses interest in eating, or falls asleep.
- Your baby will want to breastfeed or take formula every 2–3 hours, even throughout the night.
- Do not force your baby to finish a bottle.
- You will know if your baby is getting enough if baby has 6 to 8 wet and 4 more poopy diapers per day, and the doctor says that baby is gaining weight.

**Handouts:**
- A Nutrition Guide for Birth to 6 Months
- How to Tell if Your Baby is Hungry (tear off sheet)
- Sign That Your Baby is Well Fed (BF bookmark)

### Signs that baby is hungry or full

**Suggested Question:**
- How do you know when your baby is hungry or full?

**Tips:**
- Feed baby when baby sucks on hand, smacks lips, turns head toward your breast, acts fussy.
- Stop feeding baby when baby turns head away, closes mouth, loses interest in eating, or falls asleep.
- Your baby will want to breastfeed or take formula every 2–3 hours, even throughout the night.
- Do not force your baby to finish a bottle.
- You will know if your baby is getting enough if baby has 6 to 8 wet and 4 more poopy diapers per day, and the doctor says that baby is gaining weight.

**Handouts:**
- A Nutrition Guide for Birth to 6 Months
- How to Tell if Your Baby is Hungry (tear off sheet)
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