

FEEDING TIPS

Put your baby in a high chair and sit facing him.

Use a small, long-handled baby spoon.

Put cereal to her lips, not in her mouth, so she can use her sucking skills.

Introduce one food at a time.

Stop feeding as soon as he shows you he is full.

The amount your baby drinks or eats can vary from feeding to feeding, and day to day. Watch for signs your baby is giving you that he is hungry or full.

Don't push your baby to finish bottles or food.

Signs your baby is hungry

- Fussing and then crying
- Squirming and stretching, clenching fists
- Sucks fist
- "Roots" or turns head for breast or bottle
- Leans forward for food
- Opens mouth for spoon or even reaches for spoon

Signs your baby is full

- Stops sucking, lets go of breast or bottle
- Turns head away
- Becomes sleepy or falls asleep
- Pushes away bottle or spoon
- Closes mouth
- Loses interest in eating, starts to play

SAFETY TIPS

- *Always wash your hands before feeding your baby.*
- *Clean all bottles and dishes with hot, soapy water, and rinse well.*
- *Check the temperature of any heated bottles to make sure they're evenly warmed, not hot.*
- *Never microwave a bottle or baby food.*
- *Throw away any leftover breast milk or formula left in a bottle at the end of a feeding.*
- *Don't feed your baby directly from a baby food jar. Put the baby food in a dish, and throw away any that is leftover.*

FURTHER INFORMATION

Women, Infants, and Children
www.floridawic.org

La Leche League
www.lalecheleague.org

Feeding Infants – Team Nutrition
www.fns.usda.gov/tn/resources/feeding_infants.pdf

Lucile Packard Children's Hospital at Stanford
www.lpch.org/DiseaseHealthInfo/HealthLibrary/newborn/nfan/tfed.html

American Academy of Nutrition and Dietetics
www.eatright.org/kids/

Ellyn Satter Institute
www.ellynsatterinstitute.org/

