

Feeding

Feeding is a time for closeness with your baby. It helps your baby learn to trust, love and feel secure.

- Hold your baby for feedings.
- Offer your baby breast milk or formula every 2 to 4 hours.
- Never prop the bottle or let your baby eat alone.
- Burp your baby halfway through a feeding and again when you are finished.
- You can offer your baby water, but not in place of formula. Do not give more than 2 ounces of water per day.
- Your baby does NOT need cereal, juice or baby food until he is 4 to 6 months old.

Breast Milk

Your breasts produce milk as your baby needs it. Your baby needs to eat every 1 to 3 hours. New babies should nurse at least 8 times in 24 hours. When your baby nurses, see how he latches on to your breast. Watch the sucking motion and listen for swallowing. Babies who are nursing well, will have several loose, yellow stools (this is not diarrhea), have at least 6 wet diapers per day, and will gain weight. For your comfort, hold your baby in different positions when you nurse. (Football hold, cradle hold and lying down). You can apply Lansinoh lanolin cream to your nipples after nursing to condition them and make them feel better. If you are having trouble nursing or if it hurts, ask us for the breastfeeding helpline numbers.

The more your baby nurses (sucks effectively), the more milk you will have. When your baby grows and needs more milk, there may be a few days when he will feed more often (every 1 to 2 hours). Once your milk supply has increased, you can go back to every 2 to 3 hours. Be sure to drink lots of liquids (one glassful every time you nurse) and eat from all food groups while nursing. You can breastfeed your baby whenever he sucks or fusses. It should not hurt to breastfeed. Your baby may not be sucking correctly and we can help him suck better, without it hurting.

Your baby may nurse 15 to 30 minutes on each breast before finishing. Each baby is different and each feeding may be different. Be alert to whether your baby is actually nursing or just sleeping at the breast with a few sucks.

Breast milk can be pumped from your breast and stored in the refrigerator for 48 hours or kept frozen in the back part of the freezer for up to 2 weeks. Your baby always gets more milk sucking than you get pumping. This is some basic information about breastfeeding. There are many people available to help you. Please ask us for breastfeeding helpline numbers if you need more information.

Formula

New babies need about 2 to 4 ounces of formula every 3 to 4 hours, depending on how much they weigh.

- Mix the formula according to the directions on the can. If you do not use the right amount of water and formula (1 scoop of formula to 2 ounces of water), your baby will get sick or not grow correctly.
- Burp your baby after every 1 to 2 ounces of formula.
- Hold your baby quietly after he eats. Babies who overeat or are bounced a lot will spit up.
- After one hour **throw out** any formula left in the bottle your baby has nursed from.
- Keep prepared formula in the refrigerator.

Most babies will not take more than 6 ounces in one feeding before they are 6 weeks old. Try to have your baby wait 3 hours between feedings. Sometimes babies act hungry 1 hour after eating. If you feed them again, they will get fussier, have tummy aches and may spit up or vomit. Try rocking, talking and playing with him.

Jaundice

Call your baby's doctor immediately if your baby is 3 weeks of age or younger and:

- Has less than 6 wet diapers per day
- His skin turns yellow (jaundice)