

Messages to Families – Adapted from *Bright Futures in Practice: Nutrition*

	For mothers of breastfed infants	For mothers of formula-fed infants
General	Your infant needs fat for growth and energy; there is no need to restrict his fat intake. Between 2 and 6 months of age, body fat increases twice as much as muscle; therefore, many infants seem chubby at 6 months.	
	Infants develop feeding skills at their own rates. Your baby must be ready before she is introduced to new foods and textures.	
Feeding practices	Until your infant is 12 months old, breastmilk or iron-fortified infant formula is recommended and low-iron milk (e.g., cow's, goat's, soy) should not be used, even in infant cereal.	
	<p>Breastfeeding an infant exclusively for about the first 6 months of life provides ideal nutrition and supports the best possible growth and development.</p> <p>If your infant is weaned from breastmilk before 12 months of age, he will need iron-fortified infant formula, not cow's milk.</p> <p>Breastfeeding can continue for 12 months or as long as you and your baby wish to continue.</p>	<p>Iron-fortified infant formula is an appropriate substitute for breastmilk for feeding the full-term infant during the first year of life.</p> <p>Do not add cereal or other foods to your baby's bottle.</p>
	Breastfeeding can be more relaxing if you have a quiet place to breastfeed. The feeding position should be comfortable and the experience nurturing for your baby.	Hold your infant close, in a semi-upright position, during feeding. You should be able to look into your infant's eyes.
	<p>The longer your infant sucks, the more breastmilk your body will make. Feeding your baby on demand is the best way to stimulate the milk. To increase or maintain your milk supply when you are away from your baby, you can manually express breastmilk or use a breast pump.</p> <p>Babies have periods when they grow very fast. At these times, it</p>	<p>Babies have periods when they grow very fast. As your baby's appetite increases, you will need to prepare and offer more infant formula.</p> <p>If your baby is crying more than usual or seems to want to eat all the time:</p> <ul style="list-style-type: none"> • Is she positioned in a semi-erect, comfortable position for feeding?

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	<p>may be necessary to feed your baby more often to give your milk production a chance to adjust to your baby's needs. Frequent feedings help establish milk supply and prevent your breasts from getting too full.</p>	<ul style="list-style-type: none"> • Is the formula prepared correctly? Has too much water been added? • Is the bottle nipple too firm? Is the nipple hole too large? • Is the feeding environment too distracting?
	<p>During the early weeks of lactation, many babies nurse 10 to 12 times in 24 hours. In the first 2 to 4 weeks, infants should not be allowed to sleep more than 4 hours without breastfeeding.</p> <p>Let your infant finish feeding at one breast before offering the other breast. The length of feedings should not be restricted, although 20 to 45 minutes provides adequate intake and allows you some time to rest between feedings.</p>	<p>Feed your baby when he seems hungry. Most babies will establish a pattern of 6 to 8 feedings about 3 to 5 hours apart. Work from your baby's own timing, instead of just deciding to feed at certain times whether he is hungry or not. You will soon be able to tell from your baby's crying and fussing what his needs are.</p> <p>Don't worry about how much formula your baby takes at a single feeding; he will have times when he just isn't hungry and other times when he takes more than you expect. Never force him to finish what is in the bottle. He is the best judge of how much he needs.</p> <p>After the first few days, most babies, take 2 to 3 ounces of milk each day for each pound of their body weight. Most bottlefed babies want 6 to 8 feedings each day. For a 7-pound baby, this would mean 14 to 21 ounces of formula a day (2 ½ to 3 ½ ounces in each 6 or 7 feedings.)</p> <p>You might begin by offering 3 ounces in each bottle. When your baby begins to empty the bottle completely at 2 or 3 feedings a day, add an additional ounce to</p>

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		the bottle. Stay a little ahead of your baby and let him decide how much to take.
	If your baby is constipated (i.e., has hard, dry stools that are difficult to pass), she may not be getting enough breastmilk or infant formula, may be receiving formula that is prepared incorrectly, or may be eating other foods too soon.	
	Constipation is uncommon in breastfed infants, although breastfed infants 6 weeks and older may go several days without a bowel movement.	
Common Concerns	It is normal for infants to spit up a little milk at each feeding. Burping your baby several times during a feeding, and avoiding excessive movement soon after a feeding, may help.	
	Infants who have diarrhea, fever, or other illnesses may need to drink extra water or other fluids as directed by a health professional.	
Food Safety	Discard any bottles of expressed breastmilk or open containers of ready-to-feed or concentrated infant formulas that have been stored in the refrigerator for 48 hours or more. Any bottles of prepared infant formula stored in the refrigerator should be discarded after 24 hours.	
	Use refrigerated, expressed breastmilk within 48 hours. Safe storage time for frozen breastmilk ranges from 2 weeks to 6 months, depending on the temperature in the freezer.	<p>Carefully prepare formula as instructed and use these sanitary procedures:</p> <ul style="list-style-type: none"> • Wash your hands before preparing infant formula. • Clean the area where infant formula is prepared. • Clean and disinfect reusable bottles, caps, and nipples before every use. • Wash and dry the top of the infant formula container before opening. <p>Discard any milk left in the bottle when your baby has finished eating. Do not reuse a bottle that has been started.</p> <p>Cover and refrigerate open containers of ready-to-feed or concentrated infant formula.</p>

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		Powdered infant formula can be stored at room temperature.
	Do not warm expressed breastmilk, infant formula, or any food in containers or jars in a microwave. The container may feel cool, but the contents can be too hot because of uneven heating and can cause a burn. Bottles can be warmed by holding them under hot running water or placing them in a bowl of hot water for a few minutes. To make sure that the fluid isn't too warm, sprinkle a few drops on their wrist (it should feel lukewarm). If necessary, wait for it to cool down and test it again.	
	Do not add honey to food, water, or formula because it can be a source of spores that cause botulism poisoning in infants. Do not offer your baby any processed foods that contain honey.	
	Do not give juice to your baby before he is 6 months old. Offer it in a cup, not a bottle, and limit juice to 4-6 oz per day.	
Oral Health	Clean your baby's gums and teeth twice a day. You can use a clean, moist washcloth can be used to wipe her gums.	
	Early childhood caries (cavities) can be a result of frequent or prolonged bottle feedings. Try not give your baby a bottle to encourage sleep or to quiet him down. If you must give a bottle, offer a bottle with water. To help prevent cavities, introduce a cup for drinking at 6 months.	
Maternal eating behaviors	<p>Eat a variety of healthy foods. Eating well helps you stay healthy and the infant grow.</p> <p>Drink liquids such as milk or juice when you are thirsty and drink a glass of water at every feeding.</p> <p>Limit your consumption of drinks containing caffeine (e.g., coffee, tea, soft drinks) to two servings per day.</p> <p>It is best to avoid drinking alcoholic beverages. If you do drink, limit to less than 2 to 2 ½ oz of liquor, 8 oz of wine, or 2 cans of beer per day (less for small women).</p>	
Support	Your partner can help with your baby's care. Fathers can bring your baby to you when it is time	Your partner can help with your baby's care. In addition to helping to with feedings fathers

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	to breastfeed. When your baby is finished breastfeeding, he can cuddle your baby and also help with burping, diapering, or bathing.	can help with burping, diapering, or bathing.
	If you are breastfeeding more than one infant you may need to eat more, receive additional nutrition counseling, and have extra help at home.	
Supplements	If your baby was born prematurely or with a low birthweight and is not taking an iron-fortified formula, he may need an iron supplement. Because these premature infants are born with much less stored iron than full-term infants and experience a greater rate of growth during infancy, their iron stores become depleted much earlier, often by 2 or 3 months of age.	
	If your baby is not exposed to sunlight, has dark skin, or if you live in an area with limited sunlight, your baby may need a vitamin D supplement.	
	Vitamin B12 deficiency is rare, but if you are vitamin B12-deficient, your baby may need vitamin B12 supplements before she is 6 months old.	

Adapted from Story M, Holt K, Sofka D, eds. 2002. *Bright Futures in Practice: Nutrition*, Second edition. Arlington, VA: National Center for Education in Maternal and Child Health and National Network for Child Care - NNCC. Martin, HD, Lewis N. Guidelines for *Bottlefeeding*. 1994. Accessed 04 June 2006. Urbana-Champaign, IL: University of Illinois Cooperative Extension Service.
<http://www.nccc.org/Nutrition/guide.bottlefed.html>