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How you feed your newborn is the first nutrition decision you make for your child. These guidelines on breastfeeding and bottle feeding can help you know what's right for you and your baby.

How should I feed my baby as she grows?



Birth to six
months

Feed your baby either **breast milk or iron-fortified formula only** for the first six months of life. Consider whether to breastfeed or bottle feed carefully. To start and continue breastfeeding can be challenging, but don't give up! If you need support, you can rely on our lactation consultants, WIC (800.522.0874), or breastfeeding support groups.



Six to 12
months

The American Academy of Pediatrics (AAP) recommends introducing **foods other than breast milk or formula** when your infant is about six months old. Introducing solids is about getting baby comfortable with the texture and taste of foods and the developmental skills of eating, like self-feeding. Around eight months, you can begin to transition baby from pureed foods to finger food. Even after starting solid foods, you should **continue breastfeeding and formula feeding** until age one.

Partnering with your
health care provider



Your doctor should be your first resource for questions about feeding your baby, especially if you have concerns or history of allergies. He/she can also help you understand whether your baby may need supplements such as Vitamin D.



12 months+

At 12 months, baby should be eating **all table food and self-feeding**. Unless you continue breastfeeding, serve whole milk after 12 months of age. By 18 months, baby should be eating three meals and two snacks per day, using utensils, and drinking all milk from either a sippy cup or the breast.



How much should I feed my baby?

Your role at mealtimes is to offer breast milk or formula at regular times; your baby's job is to decide how much to eat.

Signs of Hunger

- Rooting: newborn reflex that turns the head toward a breast or bottle to feed
- Sucking on fingers or a fist
- Moving, licking, or smacking lips
- Fussing or crying
- Excited arm and leg movements
- Clenched fists (breastfed)

Signs of Fullness

- Sealing lips together, decreasing sucking, spitting out or refusing the nipple, or pushing or turning away from the breast or bottle
- Milk begins to run out of the baby's mouth
- Open fist (breastfed)

Recommended Feeding Amounts



Breastmilk: On Demand.
See KellyMom.com for calculator.

Formula: 4-6 oz. per feed

- **1 month:**
14-20 oz. daily
- **2 months:**
20-28 oz. daily
- **3 months:**
26-32 oz. daily



What about solid foods?

You can look for these signs that your child is developmentally ready for solid foods:

- Your child can sit with little or no support.
- Your child has good head control.
- Your child opens his or her mouth and leans forward when you offer food.

Common Allergenic Foods

- Milk
- Eggs
- Fish
- Shellfish
- Tree nuts
- Peanuts
- Wheat
- Soybeans

For most infants, the AAP says you do not need to give foods in a certain order. By offering one food at a time to start, you can see if your baby has any problems with that food, such as allergies. Cereals are no longer recommended as baby's first foods. Starting with real foods gives baby the opportunity to try out different tastes and textures and also provides more nutrients than fortified cereals.

Generally, you do not need to delay introducing allergenic foods to your baby. However, if you have a family history of food allergies, talk to your child's doctor or nurse about what to do for your baby.

