

[Schneider, Gazit, et al, 2010](#)). Raw, unpasteurized milk from any animal source is unacceptable for infant nutrition.

Feeding Schedules

Ideally, feeding schedules should be determined by the infant's hunger. **Demand feedings** involve feeding infants when they signal readiness. **Scheduled feedings** are arranged at predetermined intervals. Although this may be satisfactory for bottle-fed infants, it hinders the breastfeeding process. Breastfed infants tend to be hungry every 2 to 3 hours because of the easy digestibility of the milk; therefore, they should be fed on demand.

Supplemental feedings should *not* be offered to breastfed infants before lactation is well established, because they may satiate the infant and may cause nipple preference. Supplemental water is not needed in breastfed infants even in hot climates ([Kleinman and Greer, 2014](#)). Satiated infants suck less vigorously at the breast, and milk production depends on the breast being emptied at each feeding. If milk is allowed to accumulate in the ducts (causing breast engorgement) ischemia results, suppressing the activity of the acini, or milk-secreting cells. Consequently, milk production is reduced. In addition, the process of sucking from a bottle is different from breast nipple compression. The relatively inflexible rubber nipple prevents the tongue from its usual rhythmic action. Infants learn to put the tongue against the nipple holes to slow down the more rapid flow of fluid. When infants use these same tongue movements during breastfeeding, they may push the human nipple out of the mouth and may not grasp the areola properly.

Usually by 3 weeks old, lactation is well established. Bottle-fed infants consume about 2 to 3 oz of formula at each feeding and are fed approximately six times a day. The quantity of formula consumed is based on the caloric need of 108 kcal/kg/day; therefore, a newborn who weighs 3 kg requires 324 kcal/day. Because commercial formula has 20 kcal/oz, approximately 16 oz (480 ml) provides the daily caloric requirement. Breastfed infants may feed as frequently as 10 to 12 times a day.

Feeding Behavior