

Infancy Visit #2

- Birth Control

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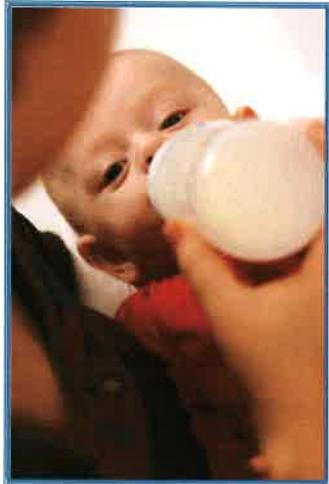
- Formula Feeding

Topics for Next Visit

- Safe Sleep
- Tummy Time
- Crying/Soothing Baby
 - Shaking Baby
- Responsive Parenting

How to Formula Feed

How often should I feed my baby?



Feed him when he's hungry!

Signs that baby is hungry include:

- Moving her head from side to side
- Opening his mouth
- Putting hands and fists to her mouth
- Puckering his lips as if to suck
- Nuzzling against your breasts
- Showing the rooting reflex
(moving her mouth towards something stroking her cheek)

How much should I feed my baby?

| Age of Baby | Number of Bottles Each Day | Amount of Formula In Each Bottle |
|------------------------|----------------------------|----------------------------------|
| Birth to 1 week | 6 to 10 | 1 to 3 ounces |
| 1 week to 1 month | 7 to 8 | 2 to 4 ounces |
| 1 month to 3 months | 5 to 7 | 4 to 6 ounces |
| 3 months to 6 months* | 4 to 5 | 6 to 7 ounces |
| 6 months to 9 months | 3 to 4 | 7 to 8 ounces |
| 10 months to 12 months | 3 to 4 | 7 to 8 ounces |

* You can begin feeding your child solid foods around 6 months. Your doctor will tell you more. Baby needs less formula when eating solid foods.

Watch baby's cues to know when he's had enough. It is recommended that your child eat an average of 30 – 32 ounces of formula per day from one month to 12 months of age. He may fall asleep. He could close his mouth. He might turn away from the bottle. He could bite or play with the bottle nipple. He may start to fuss if you keep trying to give him the bottle.

How to Formula Feed

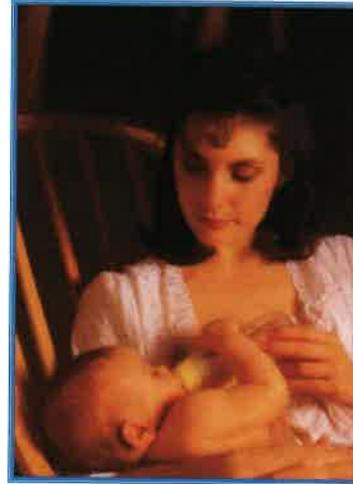
Which kind of formula should I use?

There are different types of formula. You can choose powdered, concentrated or ready-to-use.

Powdered formulas are the cheapest. They can be bought in bulk. You simply mix the powder with water.

Concentrated liquid formulas come in ready-to-pour cans. You must add water before using. Discard any leftovers within a day.

Ready-to-use formulas are packaged in individual bottles. You don't need to add water. They are very easy to use. This is the most expensive option.



***Never add extra water to formula. Only add water as instructed. Too much water in the formula can harm your baby.**

What is the best way to warm a bottle?



Some babies like cold formula. Your baby may prefer warm formula.

You can warm a bottle in hot (but not boiling) water. You can also buy a bottle warmer for warming bottles.

Don't heat bottles in a microwave. A microwave heats unevenly. It can create hot spots that could burn baby's mouth.

How to Formula Feed

What is the best way to give a bottle?

Find a comfortable spot. Hold your baby on your lap in the crook of your arm.

Cradle and support her head. Make sure that her head is higher than her tummy. This helps baby eat without choking.

Most babies will swallow some air during a feeding. Try burping after each ounce of formula.

Do not prop the bottle. Baby enjoys being held and cuddled while she eats.



Is my baby getting enough to eat?

Baby's diapers and growth tell you that he's eating enough.

Baby should have six or more wet diapers a day. He should have messy diapers often. He should be happy between feedings.

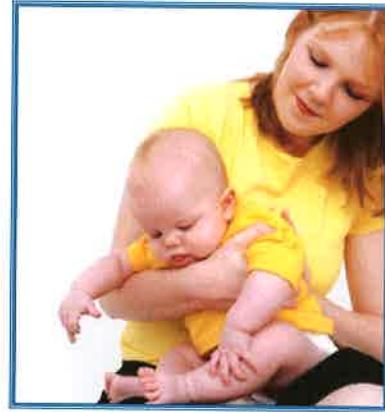
Baby's weight and height should go up steadily. Baby's doctor will check this at every visit.

How to Formula Feed

Is it normal for my baby to spit up after feedings?

Many babies will spit up a little after feedings. Babies often spit up when burped. That's normal. The spitting up lessens as baby gets older. Spitting up is fine if:

- Baby is growing and gaining weight.
- Baby doesn't feel pain when spitting up.



My baby is so hungry lately! Is this normal?

Baby may be going through a growth spurt. Growth spurts often come around:

- 7 to 10 days old
- Between 3 and 6 weeks
- 4 months
- 6 months
- 9 months



When baby seems especially hungry, follow his hunger cues. Feed on demand. Increase the number of feedings as needed.

What to Feed, How Much, & When

How much should my baby eat?

| Age | How much in 24 hours? |
|----------------|---|
| 0 - 3 months | <ul style="list-style-type: none"> • Breastfed babies: Nurse 8 - 12 times • Formula fed babies: Drink up to 32 ounces |
| 4 - 6 months | <ul style="list-style-type: none"> • Breastfed babies: Nurse 5 - 7 times • Formula fed babies: Drink up to 32 ounces |
| 6 - 8 months | <ul style="list-style-type: none"> • Breastfed babies: Nurse as baby desires • Formula fed babies: Drink up to 32 ounces • 3 - 9 tablespoons of infant cereal • 2 - 8 tablespoons of pureed fruits • 2 - 8 tablespoons of pureed vegetables |
| 8 - 10 months | <ul style="list-style-type: none"> • Breastfed babies: Nurse as baby desires • Formula fed babies: Drink up to 32 ounces • $\frac{1}{4}$ - $\frac{1}{2}$ cups infant cereal • $\frac{1}{4}$ - $\frac{1}{2}$ cups mashed fruits • $\frac{1}{4}$ - $\frac{1}{2}$ cups mashed vegetables • 3 - 5 tablespoons dairy • 4 - 8 tablespoons protein |
| 10 - 12 months | <ul style="list-style-type: none"> • Breastfed babies: Nurse as baby desires • Formula fed babies: Drink up to 32 ounces • $\frac{1}{4}$ - $\frac{1}{2}$ cups infant cereal • $\frac{1}{4}$ - $\frac{1}{2}$ cups mashed fruits • $\frac{1}{4}$ - $\frac{1}{2}$ cups mashed vegetables • 5 tablespoons dairy • 4 - 8 tablespoons protein • 4 - 8 tablespoons combo foods (like casseroles) |

Water Intoxication



LOUISIANA
WIC NEWS
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Did you know that adding too much water to your baby's formula could be harmful and may even lead to death? This is known as water intoxication.



Harmful? But I thought water was good for babies.

- Water intoxication may occur in either breastfed or formula-fed infants.
- Water intoxication may be caused by adding too much water to your baby's formula, by force feeding water to your baby or by substituting water for either breast milk or infant formula.
- Since your baby was born with a strong urge to suck, it can be very easy for your baby to take in too much water in a short amount of time.
- The American Academy of Pediatrics reminds parents to not try stretching their budgets by adding extra water to infant formula. Instead, follow the manufacturer's directions on the formula can.
- If you have questions about how to feed your baby or your baby's water needs, be sure to ask your baby's doctor.

When should I give my baby some additional water?

Under normal conditions, the water needs of healthy babies are met by the correct amounts of breast milk or properly prepared infant formula.

Usually, extra water is not necessary, even in hot or dry weather. A baby may have severe problems if too much water is given.

If your baby is sick, your pediatrician may give you specific instructions on the types and amounts of extra fluids to give your baby.



Offering water in a cup

When your baby gets a little older, your doctor may recommend feeding a small amount of water (4 to 8oz per day) in a cup after solid foods are introduced at around 6 months of age.

Don't forget to talk to your doctor about how much water should be offered to your baby.

What are the signs or symptoms of Water Intoxication?

- *Unusual Fussiness*
- *Extreme drowsiness*
- *Unexplained changes in behavior*
- *Low body temperature (97 degrees or less)*
- *Unusually clear or pale color of urine*
- *Unusual number of wet diapers (more than 6 to 8 daily)*
- *Puffiness or swelling in the face*
- *Seizures*

Want to Find Out More about WIC in Louisiana?

Call 1-800-251-BABY

* Infant Nutrition and Feeding: A Guide for Use in the WIC & CSFP Programs: USDA Revised September 2008

Giving Baby Water



Should I give my baby water to drink?

Babies under six months old should not have water to drink. Breastmilk or formula has all the water your baby needs.

Why not give water to drink?

Drinking water can fill baby's tummy. This makes baby drink less breastmilk or formula. The baby gets less milk, and may not grow as well.

Drinking water too early can cause problems with baby's kidneys.

When can I give water to drink?

When your baby is 6 months old, you can try giving water. Giving baby a few sips of water each day is fine and fun. Give water in a cup or sippy, not a bottle.



After age 1, baby can drink as much water as he or she would like. Water and milk are the best drinks for children of that age.