



# How Should I Feed My Premature Baby?

Many babies born preterm need to develop certain skills before they can eat (</English/ages-stages/baby/feeding-nutrition/Pages/how-often-and-how-much-should-your-baby-eat.aspx>) by mouth. For example, they have to be able to suck, swallow and breathe all at once! Preterm babies also have special nutritional needs. The breast milk (</English/ages-stages/baby/breastfeeding/Pages/Providing-Breastmilk-for-Premature-and-Ill-Newborns.aspx>) or formula you feed them may need to be fortified with extra calories to help them grow. Feeding your premature baby can be challenging, so seek support (</English/ages-stages/baby/preemie/Pages/im-excited-but-also-worried-about-bringing-my-baby-home-from-the-NICU-how-can-I-get-support-after-leaving-the-hospital.aspx>) from the neonatal intensive care unit (NICU) staff, and from family and friends once you and your baby go home. Watch this video to learn more.

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## More information

- [When Can My Premature Baby Leave the Hospital? \(/English/ages-stages/baby/preemie/Pages/when-can-my-premature-baby-leave-the-hospital.aspx\)](/English/ages-stages/baby/preemie/Pages/when-can-my-premature-baby-leave-the-hospital.aspx)
- [What Will I Need to Care for My Baby at Home After NICU Discharge? \(/English/ages-stages/baby/preemie/Pages/what-will-I-need-to-take-care-of-my-baby-at-home-after-leaving-the-NICU.aspx\)](/English/ages-stages/baby/preemie/Pages/what-will-I-need-to-take-care-of-my-baby-at-home-after-leaving-the-NICU.aspx)
- [How Can I Find Support Caring for My Baby at Home After Leaving the NICU? \(/English/ages-stages/baby/preemie/Pages/im-excited-but-also-worried-about-bringing-my-baby-home-from-the-NICU-how-can-I-get-support-after-leaving-the-hospital.aspx\)](/English/ages-stages/baby/preemie/Pages/im-excited-but-also-worried-about-bringing-my-baby-home-from-the-NICU-how-can-I-get-support-after-leaving-the-hospital.aspx)
- [What Kind of Follow-Up Care Will My Baby Need After NICU Discharge? \(/English/ages-stages/baby/preemie/Pages/what-kinds-of-follow-up-care-will-my-baby-need-after-leaving-the-NICU.aspx\)](/English/ages-stages/baby/preemie/Pages/what-kinds-of-follow-up-care-will-my-baby-need-after-leaving-the-NICU.aspx)

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[Back to Top](#)