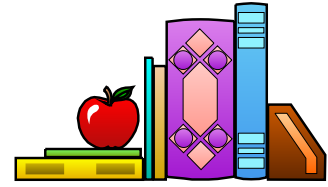


# Infant Feeding Instructions



## Choosing a Feeding Method

### Breastfeeding

● Breastmilk is the best food for human infants. It has stood the test of time. It is a living fluid and, among other things, serves to protect the infant while their own immune system is still developing. It is easy to digest and changes during feedings, from feeding to feeding and from day to day as your baby grows, meeting his changing needs.

### Formula Feeding

● It is important to use the formula best suited for your baby. Discuss your family's allergies and medical history with your infant's doctor so the proper formula will be selected for your baby. Some formulas are made from cows' milk while other are made from the soy plant. Hypo-allergenic formulas are made of partially digested proteins.

## How Often Should I Feed My Baby?

### Breastfeeding

- Nurse your baby at least 8 times in each 24 hour period for the first few months.
  - Your baby needs to eat this often because of his small stomach
  - Your breast need to be emptied and stimulated this often to maintain a full milk supply
- Your baby may develop a nursing pattern of feeding every 1 ½ to 3 hours or he may bunch several feedings together and then take a longer nap. Any pattern or combination of patterns is fine as long as he gets at least 8 feedings in a 24 hour period.
- Nurse your baby anytime he sucks on his hands or fists. Babies should not be nursed on a fixed schedule, but when they indicate that they need to be breastfed.
- If your baby does not wake for at least 8 feeds in a 24 hour period, wake him gently by changing his position, removing his blankets and undressing him. If after 5 minutes or so he still shows no interest in nursing undress him down to his diaper, take off your bra and place him skin to skin against your chest for 20 to 30 minutes. To nurse effectively he has to be showing feeding cues like rooting or sucking on his hands and fists or he will just go back to sleep once on the breast.
- Babies nurse because they are hungry, thirsty, need to pass gas, have a bowel movement, because they have pain or because they are lonely and need to know that their mother is there for them.

### Formula Feeding

- Feed your baby about every 2 to 4 hours. In the first several weeks wake him if it has been 4 hours since he last ate.
- If it has been about 2 hours and your baby shows feeding cues go ahead and feed him. Babies should not be fed on a fixed schedule, but when they indicate that they are hungry. Feeding cues are when your baby brings his hands or fists to his mouth and sucks on them.

# How Much Should I Feed My Baby?

## Breastfeeding

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- Before your milk comes in change sides about every 15 minutes or so to protect your nipples. When your milk comes in encourage your baby to nurse for as long as he is actively suckling, usually 10 to 20 minutes, before offering him the other breast. He may or may not take the other side. If he does not, start with that side at the next feeding. Within a short period of time you will feel comfortable following your baby's lead in letting him determine how long to nurse and if he needs to take one side or both.
- Feedings usually last from 15 to 40 minutes in the early months. Length of feedings may vary from feeding to feeding and from day to day.

## Formula Feeding

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- In the first few days your baby will take 1 to 2 ounces at a feeding. By the end of the first week most babies are taking 2 to 3 ounces at a feeding.
  - Offer your baby several ounces of formula and if he finishes the bottle add a little more at the next feeding. It is best to let the baby decide how much to take at a feeding. You would like to have him leave some in his bottle so you will know that he took all he needed. It should take at least 15 to 30 minutes for your baby to finish his bottle. If he takes it in less time than he is more likely to take more than he needs. We all tend to eat fast when we are hungry, most times eating more than we should.
  - Do not force your baby to finish his bottle. This could cause overfeeding and weight gain problems. Make sure your baby is able to take a breath after every few sucks and swallows. He should not suck and swallow for long periods so that when he does stop to breathe he is doing pant breathing; pant breathing is when you feel his shoulders go up and down with each panting breath. If your baby breathes like this you need to take the bottle out of his mouth after every 3-5 sucks and let him catch his breath. Put the nipple on his bottom lip so he can open his mouth, telling you he is ready to suck again. Babies who do pant breathing are more likely to spit up or develop reflux than are babies who take their bottles slowly with lots of breathing between bursts of sucking and swallowing.

# Holding Your Baby for Feedings

## Breastfeeding

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- Nurse in whatever position is comfortable for you and your baby. Just always make sure that your baby's entire body and head are turned toward your breast.
- One method many mothers have found to be helpful with latch is called laid back breastfeeding. You begin by leaning back (but not flat on your back) on a sofa, recliner or bed holding your baby against your chest. Support your back with pillows so you remain at an angle. Allow the baby's head to rest against your breast, but not right on the nipple. Soon you will notice your baby begin to bob his head as he searches for your nipple. He will actually "sniff" the nipple and open his mouth to grasp it and latch on to your breast. This position allows your baby to use his instinctive reflexes to search for the nipple. Gravity will help him to find it and latch on. He learns breastfeeding by scent and newborn behavior. This position can be very calming for mother as she sees her baby show her he knows what to do!

## Formula Feeding

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- Always hold your baby while feeding him. Never prop his bottle.
  - Always hold him in a semi-sitting position to prevent formula from getting into his inner ear and causing an ear infection.
  - Make sure the bottle nipple is always filled with formula so the baby doesn't take in air with the feeding.
  - Switch arms with each feedings. This helps him to use the muscles in both eyes since your baby loves to look at you during his feedings.
  - Feeding time is more than just "food" time. It is a time for love and learning. Each feeding and holding/cuddle time should last at least 30 minutes. At night though it is OK to put him down when he finishes his feeding.

- Practice nursing while lying on your side so you can rest while nursing. Some mothers find this easier to do after they are comfortable nursing in a sitting position and have no problems with latch.

## How do I Know He is Getting Enough

### Breastfeeding

- By day 4 your baby should have at least 3 or more semi-liquid yellow stools that you could scoop with a spoon and 5 - 6 or more heavy wet diapers in each 24 hour period.
- Your baby should have at least 3 stools in each 24 hour period until he is 5 to 6 weeks old. After that the number of stools each day may decrease, but he should still have at least 6 heavy wet diapers every day.

### Formula Feeding

- Your baby should have at least one soft stool a day and 6 or more heavy wet diapers.
- If your baby has hard formed stools or trouble having a bowel movement call your baby's doctor.

## Burping

### Breastfeeding

- Offer your baby a chance to burp when switching sides. Burp your baby in whatever position works best for you and your baby.
- Some breastfed babies don't burp much, but offering the baby a chance to burp is a good way to wake him up so he can decide if he is finished nursing or not.

### Formula Feeding

- Stop throughout the feeding to burp your baby. If your baby seems to spit up a lot try burping him more frequently and pace his feedings. Use whatever position to burp that works best for you and your baby.

## Preparing Formula and Saving Pumped Breastmilk

### Breastfeeding

See the Saving Breastmilk handout

### Formula Feeding

See the Preparing Infant Formula handout

## Feeding Your Baby When You Go Out or Are Separated

### Breastfeeding

- If you are going to be separated from your baby and will miss some feedings you will need to express your breastmilk while away to maintain your supply and to keep yourself comfortable. You may decide to use a breast pump or to hand express. If you decide to use a breast pump do not use one manufactured by a company that also makes baby formulas or baby feeding bottles and devices.
- If you are interested in using a breast pump ask your peer counselor or IBCLC to recommend some good ones.
- You may use a small amount of regular olive oil on your nipples and areolas before pumping to make pumping more comfortable. It doesn't need to be washed off.

### Formula Feeding

- If you are going to be going out with your baby for any length of time it will be easier on you and safer for your baby if you take along unopened bottles of Ready to Feed formula. If you take formula you have already prepared carry it in a small cooler that will keep it at 40 degree or lower until it is time to use. Some mother choose to carry bottles of distilled water and then mix in powdered formula at feeding time.
- Make sure to take enough formula in case you are away from home longer than you expected.
- Remember to throw away any leftover formula after one hour.

## What if My Baby Doesn't Finish His Bottle?

### Breastfeeding

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- If your baby does not finish his bottle of breastmilk some breastfeeding books have advised that it can be put back in the refrigerator, but must be used within the next 4 hours.
- Do not add fresh breastmilk to what is left in a bottle of unfinished breastmilk. Let your baby finish what was left and then let him finish his feeding with a new bottle of breastmilk.

### Formula Feeding

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- If your baby doesn't finish his bottle of formula you must throw out what is left. Saving left-over formula or allowing it to stand at room temperature for more than 1 hour can increase the chances of your baby getting sick.

## Warming Your Baby's Bottles

### Breastfeeding

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- Warm bottles of breastmilk under running warm water or sit them in a container of warm water. Never heat in a microwave.

### Formula Feeding

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- Warm bottles of formula under running warm water or sit them in a container of warm water. Never heat in a microwave.

## Formula Recalls

### Breastfeeding

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### Formula Feeding

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- All manufactured products can have problems in making or processing them. This may require a recall of that product. Since this has happened in the past to different formulas it is recommended that you write down the lot numbers from the cans of formula in a notebook or on a calendar. This will be helpful in case there is a recall of the brand and type of formula your baby uses. If there is a recall of the brand and type of formula your baby uses call your baby's doctor and discuss this with him or her.

## Feeding Problems

### Breastfeeding

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- Breastfeeding should never hurt beyond the initial latch tenderness. If there is any nipple or breast pain call immediately for help. You will feel a tugging when your baby nurses, but there should not be any pain. Look at the shape of your nipple immediately when your baby releases it. It should be nice and round, if it looks like it was squashed, is flat on one side or misshapen in anyway call for assistance.
- If your baby will not or cannot latch or nurse call immediately for assistance.
- If you feel breastfeeding is not going right for either you or your baby please call for assistance or a consult.

### Formula Feeding

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- If you are having any trouble bottle feeding your baby please call your baby's health care provider for help.

## Days and Nights Mixed up

### Breastfeeding

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- Newborn babies like to sleep during the day and feed more at night. Wake your baby during the day by putting him skin to skin with you so he will get accustomed to eating more during the day and sleeping more during the night. It may take 3 or more weeks to make this change. Until 3 months of age sleeping 5 hours at night is considered sleeping through the night!

### Formula Feeding

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## Mother's Diet and Fluid Intake

### Breastfeeding

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- There is no special diet for mothers who are breastfeeding. Try to eat a balanced diet to help you recover from the birth and for your own health.

- Your breastmilk is made from your blood, not from your stomach contents. Remember there are no cabbage, onions or spices in blood or no one would be able to donate blood!

- Drink when you are thirsty, but do not force yourself to drink more than that. Over drinking can actually decrease your milk supply.

### Formula Feeding

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- Try to eat a balanced diet to help you recover from your delivery and for your own health.

## Medications and Breastfeeding

### Breastfeeding

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- Antihistamines can decrease your milk supply. Anything that makes your mouth dry can decrease your supply. Try to use home remedies such as hot tea with honey & lemon or hot chicken soup before resorting to taking antihistamines. Sudafed can decrease the milk supply by 40%, although it will return.

- Birth control pills, shots, and implants can decrease some mothers' milk supply. Delay using any of these methods as long as possible. But do use some form of birth control. Always try birth control pills first to see if they affect your milk supply before getting an implant or shot which can't be removed. Manufacturers of birth control medications always recommend waiting at least 6 weeks after the birth before starting these medications.

- Most pain medications (except aspirin), antibiotics, x-rays, and anesthetics (including local anesthetics) are compatible with breastfeeding, but always call your WIC clinic, peer counselor, or IBCLC to check.

- If anyone tells you that you have to stop breastfeeding because of a medication call your WIC clinic, peer counselor or IBCLC or immediately.

### Breastfeeding

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- Call your baby's health care provider for information on medications that you might need to take while breastfeeding.

- If a medication is prescribed that is not compatible with breastfeeding there is almost always a similar medication that is compatible that can be substituted.

