



BOTTLE FEEDING YOUR BABY: From birth to 6 months

You play a big role in how your baby grows and develops. As a parent, you are responsible for helping your baby develop healthy eating habits. Follow these tips to grow a healthy and happy baby.

KNOW THE SIGNS

Watch for hunger cues before feeding, and stop when your baby is full.

HUNGER CUES



- ✓ Bringing hands near mouth
- ✓ Bending arms and legs
- ✓ Making suckling noises
- ✓ Puckering lips
- ✓ Searching for the breast or bottle

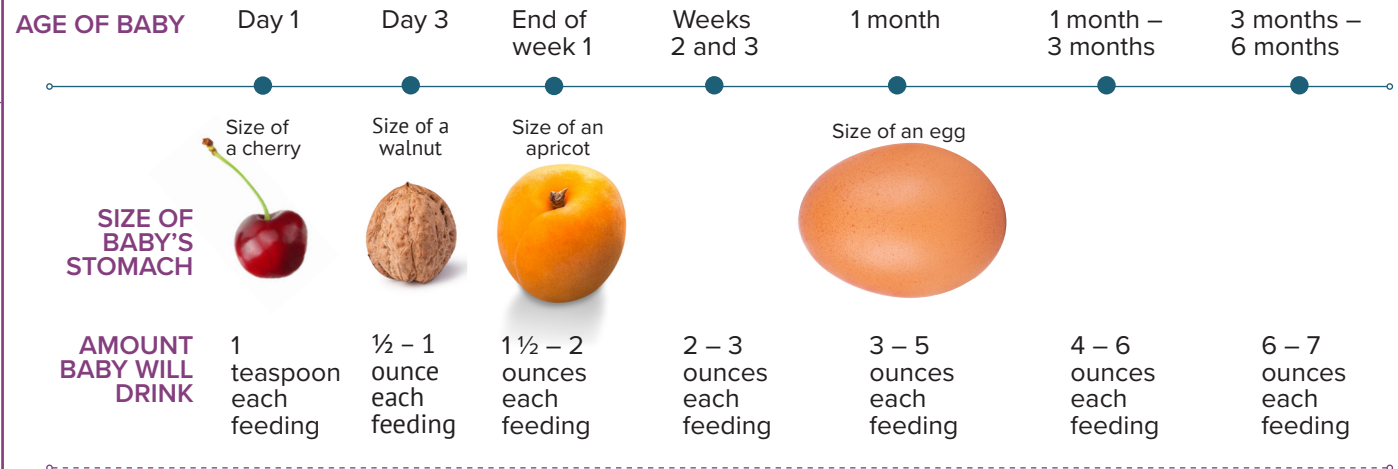
FULLNESS CUES



- ✓ Falling asleep
- ✓ Sucking slower or stopping
- ✓ Relaxing arms and legs
- ✓ Turning away or pushing away

HOW BIG IS YOUR BABY'S STOMACH?

A newborn's stomach is smaller than you think! Here is a guide for the first 6 months. Just remember - every baby is different, so your baby may not follow this exactly. If you are worried, ask your baby's health care provider.



WHEN TO EXPECT GROWTH SPURTS

1 – 3 weeks

6 – 8 weeks

3 months

6 months

GROWTH SPURT SIGNS:

- ✓ Increased hunger
- ✓ Frequent night waking
- ✓ Increased fussiness



Most full-term babies will double their birth weight by 6 months of age and triple their birth weight by their 1st birthday.

Scan to watch
a video of
paced bottle
feeding in
action!



PACED BOTTLE FEEDING TIPS:

- ✓ Hold your baby in your lap in an upright position. Support their head and neck.
- ✓ Tickle your baby's lip with the bottle nipple.
- ✓ Insert the nipple when your baby opens their mouth wide.
- ✓ Hold the bottle horizontal to the floor.
- ✓ Let the baby suck on the nipple a few times while it has no milk. Next, tip the bottle to fill up the nipple halfway.
- ✓ Let baby swallow 3-5 times.
- ✓ Rest and repeat.

Overfeeding
can cause
gas, stomach
discomfort, and
spitting up.

COMMON QUESTIONS

Is it OK to put cereal in my baby's bottle?

No. Adding infant cereal to your baby's bottle could cause them to choke or gain weight too quickly. Wait until baby is 6 months old and showing signs of readiness before offering infant cereal. Offer infant cereal from a spoon, not a bottle.

Can I give my baby cow's milk before their 1st birthday?

No. Feeding your baby cow's milk before 12 months can cause intestinal bleeding, low iron levels, and stress on their kidneys. Also, low-iron formulas, other milks, juices, or sweetened drinks can cause low iron levels in your baby.

Is spit up normal?

YES! A small amount of spit up is normal after your baby eats. Sometimes it is because your baby drank more than their stomach can hold. If your baby is gaining weight, eating well, and is comfortable, there is no need to worry.

Actions I will take to keep my family healthy:

Learn More with wichealth Lessons!

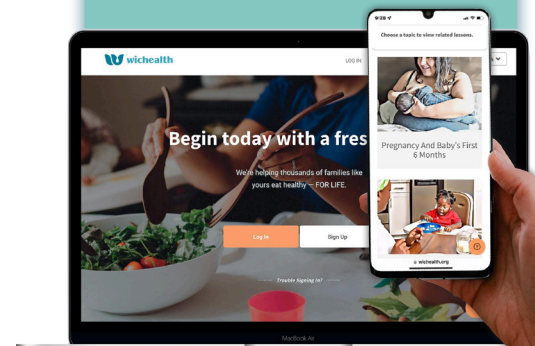
SCAN



— OR —

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