

Infant Nutrition

- Recommend breastfeeding for at least the first two years and exclusively for the first 6 months.
 - Breast milk provides all energy and nutrition for the first 6 months.
 - Breast milk promotes sensory and cognitive development and protects the infant against diseases, both infectious and chronic.
 - Do not feed on a schedule! Follow your baby's cues.
- Don't bottle feed as a way to comfort or get your baby to sleep. When doing so they are eating, even when they may not want to in order to pacify. If you are breastfeeding you can allow your baby to nurse to sleep if they want so that they may pacify or eat as they please. If you do not want to allow your baby to nurse to sleep you can offer a pacifier to get the job done. You may wait about 3 months before offering a pacifier if you are breastfeeding.
- At least 6 months breast milk, alone, is not enough to provide adequate nutrition. This is the time to introduce solids. When introducing solids start with one food at a time and wait 3 days before introducing the next new food. This will make it easier to pinpoint what foods may cause an allergic reaction.
- Encourage them to eat, but do not force them! Some infants don't start eating until around 10 months and some will take right to it at 6 months. Just continue to offer foods each week until they are ready. If you follow their lead it will make things much easier on the both of you.
 - You may choose to make or buy pureed foods. Be sure that you avoid honey.
- Start with small amounts and slowly increase the amount as your child gets older. As your baby learns to use their jaw to chew you can increase the thickness of the food.
- Recommended 2-3 meals a day from 6-8 months of age and 3-4 meals a day from 9-23 months with 1-2 snacks as needed.
- Avoid the introduction of juice until your baby reaches 12 months.



Adding cereal to milk will not make baby sleep longer! Remember, your baby's stomach size is very small which leads to eating often.

**DO NOT DILUTE BREAST MILK OR
FORMULA!**

Nutrition for the Premature Infant

- Necrotizing Enterocolitis (NEC) is an intestinal infection that is less common in breastfed babies.
- Breast milk is the best thing for your premature baby. You may be able to get donor milk at your hospital or contact a local milk bank.
- Special formulas for premature babies can be used if you choose not to or cannot breastfeed. They are high in protein and fat, much like breast milk.
- Supplements may be needed for the extra nutrients. For a breastfed baby there are fortifiers that is mixed into the milk for the extra protein, calories, iron, calcium, and vitamins. Formula fed babies may need vitamins A, C, and D, as well as folic acid.

