

Family Care Associates of Effingham, S.C.

1106 North Merchant, P.O. Box 665 Effingham, IL 62401

217-342-7000

FEEDING YOUR BABY

0-2 Months (0-8 weeks)

YOUR BABY'S FIRST FOOD

Breast milk or iron-fortified formula recommended by your Doctor is all your baby needs for the first 6 months of life.

IF YOU BREASTFEED

Your Doctor, Nutritionist, or Nurse can give you helpful information about breastfeeding your baby. It is important to remember to eat a well-balanced diet, drink adequate liquids & get plenty of rest.

Some drugs can be passed to baby through your milk. Check with your doctor, nurse practitioner, or pharmacist before taking any drugs or medicine.

- The number of daily feedings will vary with each baby. Your baby may breastfeed every 2-3 hours on request. This may be 8-12 times a day.
- Each feeding may last 20-30 minutes. Allow about 10-15 minutes on each breast. Burp your baby before changing to the other breast.
- Some days your baby may want to breastfeed more often. Your baby may grow faster at certain ages. These are the times your baby may want to breastfeed more. Your body will make more milk the more your baby breastfeeds. So let your baby breastfeed more frequently during these growth spurts.
- Hold your baby so that the head is higher than the tummy & with its tummy toward your tummy. You can breastfeed sitting or lying down.
- Your baby does not need water. Your baby may need formula if having problems gaining weight.

IF YOU USE FORMULA

- Follow the directions on the can or the special directions given by the doctor
- Start with milk based – Enfamil, Similac, Nestle, Parents Choice
- The amount & number of daily feedings vary with each baby. Babies usually take what they need. Offer every 3 – 4 hours, timed from start to start of each feeding.

- When feeding, always hold your baby in your arms, **NEVER** prop bottle
- Throw away any formula left in the bottle after the feeding. Formula is only good for an hour after baby first drinks from that bottle
- Burp your baby halfway through the feeding & at the end of the feeding. This is usually after every 1 or 2 ounces for the bottle fed baby.

GENERAL

- Baby does not need extra water. Formula & breast milk have plenty. If you feel that your baby needs extra fluid because of hot weather or loose stools. Always use pedialyte.
- Never use honey or corn syrup in the bottle or on a pacifier.
- Your baby does not need vitamins unless recommended by the doctor.
- Breast milk or iron-fortified formula is the only food your baby needs.
- Wash all bottles, nipples, breast pumps & other feeding utensils in hot soapy water.

REMEMBER

A fat baby isn't necessarily a healthier baby. All crying isn't a sign of hunger. Sometimes your baby just wants to be held.

If you have any questions or want additional information, talk to your doctor, nutritionist or nurse.

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FEEDING YOUR BABY

2-4 months (8-16 Weeks)

YOUR BABY'S FIRST FOOD

Breast milk or formula recommended by your doctor is all your baby needs for the first six months of life.

IF YOU BREAST FEED

Your doctor, nutritionist or nurse can give you helpful information about breastfeeding your baby. It is important to remember to eat a well-balanced diet, drink adequate liquids and get plenty of rest.

Some drugs can be passed to baby through your milk. Check with your Doctor, Nurse Practitioner or Pharmacist before taking any drugs or medicine.

- The number of daily feedings will vary with each day. Your baby may breastfeed every two to four hours or six to 10 times a day. Breastfeed on request.
- Each feeding may last 10-20 minutes. Your baby may breastfeed for 5-10 minutes on each breast. Burp your baby before changing to the other breast. You may find that feedings are shorter as our baby gets more efficient.
- Some babies go through a growth spurt at 2 ½ to 3 months of age and may want to breastfeed more often. The more often your baby breastfeeds, the more milk you will make so breastfeed as often as your baby wants. The baby may want to breastfeed more frequently during illness or when upset.
- Hold your baby so that the head is higher than the tummy.
- Your baby does not need any formula. Breast milk is still the ideal food for your baby.

IF YOU USE FORMULA

- Your doctor may recommend a formula.

AGE	NUMBER OF FEEDINGS	AMOUNT	DAILY
2-3 months	5-7	4-6 ounces	20-35 ounces
3-4 months	5-6	4-8 ounces	20-42 ounces

- Follow directions on the can or any special directions given by your doctor.

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- The amount and number of daily feedings vary with each baby. Babies usually take what they need. Every 3 – 4 hour feeding schedule is adequate.
- When feeding, always hold baby in your arms. NEVER prop bottle.
- Any formula left in the bottle after the feeding should be thrown away.
- Burp the baby halfway through the feeding or every two to three ounces.

GENERAL

During hot weather or illness offer Pedialyte

- NEVER put honey or corn syrup in the bottle or on a pacifier.
- Wash all bottles, nipples, breast pumps and other feeding utensils in hot soapy, water.

Do not use Pedialyte as liquid to mix with formula, only use water. Give Pedialyte separately.

Your baby does not need any other food at this age except breast milk or formula. Your baby's appetite will change daily and some days your baby may want to drink or breastfeed more often. As your baby gets bigger, your baby will want more.

REMEMBER

- A fat baby isn't necessarily a healthier baby. All crying isn't a sign of hunger. Sometimes the baby just wants to be held.
- If you have any other questions, contact your doctor or nurse practitioner.

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FEEDING YOUR BABY **4-6 MONTHS**

YOUR BABY'S FIRST FOOD

Breast milk or formula recommended by your doctor is all your baby needs for the first six months of life. When your baby is six months of age, they may begin to eat cereal.

IF YOU BREASTFEED

- Your Doctor or Nurse Practitioner can give you helpful information about breastfeeding your baby. It is important to remember to eat a well-balanced diet, drink adequate liquids and get plenty of rest.
- Some drugs can be passed through your milk. Check with your provider before taking any drugs or medicines.
- The number of daily feedings will vary with each baby. Your baby may breastfeed every 2-4 hours or 4-6 times each day.
- Each feeding may last 10-20 minutes. Your baby may breast feed for 5-10 minutes on each breast. You may find that feedings are shorter as your baby gets more efficient. Burp your baby before changing to the other breast and then at the end of the feeding.
- Your baby may have a growth spurt around 4 ½ to 6 ½ months of age and will want to breast feed more often. This will last about 1-2 days until your milk supply increases. Breast feed your baby as often as your baby wants.
- Hold the baby so that the head is higher than the tummy.

IF YOU USE FORMULA

Continue to use formula. Follow directions on the can or any special directions given by your Doctor or Nurse Practitioner. The amount and number of daily feedings may vary with each baby. Your baby will take what is needed.

AGE	NUMBER OF FEEDINGS	AMOUNT	DAILY
4-6 months	4-5	6-8 ounces	24-40 ounces

- When feeding your baby, always hold your baby in your arms.
- Throw away any formula in the bottle after the feeding.

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- Burp the baby halfway through the feeding or every 3-4 ounces and at the end of the feeding.

GENERAL

- During hot weather or illness, such as vomiting or diarrhea, offer small amounts of water or Pedialyte. Your breastfed baby will need to be breastfed more often, but will not need water.
- NEVER put honey or corn syrup in the bottle or on the pacifier.
- Your baby does not need vitamins unless recommended by the doctor.
- Wash all utensils in hot, soapy water.
- Bottles are for formula and water ONLY! Please do not give juice or tea yet.

CEREAL FEEDING TIPS

- At around six months of age your baby may be ready to start cereal. There are several signs to look for before beginning cereal. These include being able to hold head up, sitting when propped up with a little support and watching you eat.
- Start with dry, boxed infant rice cereal. Use plain, unmixed cereal. Mix with breast milk or formula. Try different amounts to see how thick your baby prefers cereal. Start with a thin mixture.
- Your baby needs to learn how to use a spoon. While learning, your baby may spit out the food. Keep trying!!
- Feed cereal once daily at about the same time each day. Remember babies like routine.

REMEMBER

Don't coax or force your baby. Your baby will turn its head or close its mouth when it's full. Watch your baby for cues.

If you have any additional questions contact your Doctor or Nurse Practitioner.

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FEEDING YOUR BABY

6-9 Months

FOOD FOR YOUR BABY

By 6 months of age, your baby's nutritional needs are increasing & your baby is now ready to eat more foods. Breast milk or formula is an important part of your baby's diet & should be given until your baby's 1st birthday. A variety of other foods will also be needed.

IF YOU BREASTFEED

Breastfeeding during the next 6 months is still as important part of the baby's diet. Continue to breastfeed as long as you can. Remember to take care of yourself by eating a well-balanced diet, drinking adequate liquids & getting rest.

- The number of daily feedings will vary with each baby, your but baby will probably breastfeed about every 4 hours with 5-6 feedings per day. Your baby may be sleeping through the night & may no longer require a night feeding. Breastfeeding will decrease as more solid foods are given. A balance of breast milk & solid foods is needed.
- Each feeding may last 10-20 minutes. Your baby may breastfeed for 5-10 minutes on each breast, but feeding may be shorter because your baby is better at feeding.
- Your baby may want to breastfeed more often when their teeth come in. Your baby may also have a growth spurt around 6 months. Breastfeed more often if your baby wants.
- If you have not done so yet, solid foods should be introduced to your baby. See tips below:
 - If you are thinking of weaning your baby, go slowly & ask your health care provider for tips. If you wean, iron fortified formula should be used in place of breast milk. If you wait until your baby is 1 year old, you can wean directly to whole milk given in a cup.

IF YOU USE FORMULA

Continue to use formula until your baby's 1st birthday.

- The amount & number of daily feedings vary with each baby. Babies usually take what they need.

AGE	AMT. OF FEEDINGS	AMT. EACH FEEDING	DAILY TOTAL
6 – 9 mos	3 – 4 times	6 – 8 ounces	18 – 32 ounces

- Do **NOT** give your baby whole milk until baby is 1 year old.

GENERAL FEEDING TIPS

- Your baby should be sitting in a high chair. Encourage your baby to drink from a cup. Use child sized feeding spoons.
- Add one new food at a time, wait 2-3 days before trying another food. Use single ingredient foods first. Use stage 1 or 2 baby foods. First yellow veggies, then greens, then fruits. Continue cereal once a day.
- When using baby food in the jar, do not feed the baby from the jar. Take the amount you need & place it in a bowl. Refrigerate the unused portion in the jar. If not used within 2 days, throw away.
- All plates, bowls & spoons must be clean. Wash your baby’s utensils in hot soapy water.
- **NEVER** use honey or corn syrup until 1 year of age.

FOOD TIPS

CEREAL

- Give your baby infant cereal. Mix the cereal with breast milk or formula. **DO NOT** give sugar-coated cereals.
- Once they are taking fruit, you can add that to cereal as well

VEGETABLES

- Increase the variety of plain, unmixed vegetables, peas, squash, sweet potatoes & green beans. Carrots, spinach, & beets from the jar also may be given.
- Offer dark green or yellow vegetables 3 times a week.

FRUITS

- Offer your baby strained applesauce, pears, peaches, apricots, bananas or plums
- Fruit flavored yogurt is a nutritious snack.

- Powdered or canned fruit drink, or syrup from canned fruit should NOT be given to your baby.

PROTEIN FOODS

- Plenty of protein is gotten through breast milk or formula

SUGGESTED SCHEDULE

- Work up to 2 feedings of solids by 8-9 months, then 3.
- 4-5 bottles or 4-5 breast feedings

REMEMBER

Don't coax or force your baby to eat. Your baby will give you signals that tell you when he/she has had enough to eat. Follow your baby's cues.

If you have any questions, talk to your health care provider.

Few modifications made per Family Care Associates.
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FEEDING YOUR BABY **9 – 12 Months (36 – 52 Weeks)**

YOUR BABY'S FIRST FOOD

Your baby is now ready for more variety of foods. Breast milk or iron-fortified formulas are still an important part of the diet, but now your baby will begin to eat more food & drink less. Your baby will be interested in eating finger foods.

IF YOU BREASTFEED

Breastfeeding during these 3 months is still an important part of your baby's diet. Continue to breastfeed as long as you can. Remember to take care of yourself by eating a well-balanced diet, drinking adequate liquids & getting rest.

- The number of daily feedings will vary with each baby. Your baby will probably breastfeed about every 4 hours with 4-5 feedings per day. Your baby should be sleeping through the night & will no longer require a night feeding. Breastfeeding will decrease as more solid foods are given. A balance of breast milk & solid foods is needed.
- Each feeding may last 10-20 minutes. Your baby may breastfeed for 5-10 minutes on each breast.
- Your baby may want to breastfeed more often when teeth come in. Breastfeed more often if your baby wants.
- If you are thinking of weaning your baby, go slowly & ask your health care provider for tips. Begin by omitting 1 feeding. Replace that feeding with formula given in a cup. If you breastfeed until your baby's 1st birthday, you can wean directly to whole cow's milk.

IF YOU USE FORMULA

Continue to use the formula recommended by your baby's doctor. Formula should be given until your baby's 1st birthday. The amount & number of daily feedings will vary with each baby.

AGE	NUMBER OF FEEDINGS	AMOUNT	DAILY TOTAL
9 – 12 mos	3 – 4 times	5 – 6 ounces	15 – 24 ounces

- Begin to wean your baby to a cup. Start with 1 feeding at a time. Give cup of formula instead of a bottle.
- Start at 11-12 mos using whole milk in cup & formula in bottle. The goal is to be finished with formula & bottles at 12 mos.

GENERAL FEEDING TIPS

- Your baby may eat foods from the table, as long as they are soft & easy to chew. **DO NOT** give your baby fried foods or highly seasoned foods.

- Let your baby try finger foods. Cut foods in small pieces that are easy to pick up. Good choices are cooked green beans, cheese, sliced banana, pieces of soft fruit, teething crackers, toast, pasta, scrambled eggs.
- Avoid all small, hard foods that may cause your baby to choke such as: raw carrots, nuts, popcorn, raisins, small candies, kernel corn, or hot dogs.
- Your baby should drink from a cup. Plan to take your baby completely off the bottle by 12 mos.
- When using baby food in the jar, do not feed your baby from the jar. Take the amount you need & place it in a bowl. Recap & refrigerate the unused portion & use within 2 days.
- **NEVER** use honey or corn syrup.
- Be sure that all plates, cups, bowls, & spoons are clean. Wash your baby's utensils in hot soapy water.

FOOD TIPS

CEREAL

- Give your baby infant cereal mixed with breast milk or formula.

VEGETABLES

- Offer cooked, tender vegetables mashed, chopped, or in bit size pieces: Green beans, squash, beets, broccoli, peas, or kale.
- A dark green or deep yellow vegetable should be offered 3 times a week.

FRUITS

- ½ strength juices may be used such as apple or orange juice. Offer juice in a cup.
- **DO NOT** give your baby the syrup from canned fruits or powdered or canned fruit drink
- Ripe, fresh fruits without skins should be chopped into bite sized pieces. A soft banana may be given.

PROTEIN FOODS

- Your baby may be able to eat tender cuts of meats. Shaved ham or turkey, small pieces of hamburger. Meats should be chopped, ground or finely cut, if your baby is not able to chew
- Cottage cheese, milk cheese & yogurt are good sources of protein.
- For mashed dried beans as an occasional meat substitution: Boil the beans without fat or seasonings. Remove the skins & mask. Thin mashed beans with a little formula or milk. Start with a small taste the first time, and then work up to 2 tablespoons as a serving.

SNACK FOODS

- Plain toast, crackers, Melba toast, plain cookies, soft fruit slices (peeled), cooked vegetables or cheese make good snack foods.
- **DO NOT** give your baby chips, candy, popcorn, or sweetened cereals.

SUGGESTED SCHEDULE

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Every baby's needs are different. Some will want to feed more often, others less often. Let your baby be your guide.

The following schedule is suggested to help you offer food choices for your baby.

MORNING

- Juice 3-4 ounces in a cup
- Infant Cereal ½ cup
- Toast ¼ - ½ slice
- Breast milk or formula 4-6 ounces of formula (from a cup)

MID MORNING

- Unsweetened apple or orange juice, 3-4 ounces (from a cup)
- Finger Foods
 - Toast squares
 - soft peeled pieces of fruit
 - cheese

NOON

- Chopped Meat 2-4 tablespoons
- Boiled Potato 1-2 tablespoons
- Green Vegetable 2-4 tablespoons (may be picked up with fingers)
- Bread ¼ - ½ slice
- Applesauce 2-4 tablespoons
- Breast Milk or formula 4-6 ounces of formula (from a cup)

AFTERNOON

- Finger Foods
 - Cheese cubes
 - Toast squares
 - Soft cooked vegetable stick
 - Peeled soft fruit slices
 - Tender pieces of meat

EVENING

- Mashed dried beans 2 tablespoons
- Vegetable 2-4 tablespoons
- Fruit 2-4 tablespoons
- Bread ¼ - ½ slices
- Breast Milk or formula 4-6 ounces of formula (from a cup)

EVENING SNACK

- Breast Milk

REMEMBER

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