

Infant Feeding – Birth to 4 Months

Your baby needs only breast milk or iron-fortified infant formula for the first 4 to 6 months of life. Most formula fed babies will eat every 3 to 4 hours and breast fed babies every 2 to 3 hours. (See various "**Breast Feeding**" CARE CARDS.)

Guidelines:

Breast Milk or Infant Formula:

0 to 1 months	18 to 24 ounces in 24 hours
1 to 2 months	22 to 28 ounces in 24 hours
2 to 3 months	25 to 32 ounces in 24 hours
3 to 4 months	28 to 36 ounces in 24 hours

Intake may also vary depending on the weight of the infant. Bigger babies will eat more.

Feeding Tips:

- Your baby is likely getting enough to eat if he is having 6 to 8 wet diapers per day.
- Breast fed babies may need to eat more often than formula fed babies. This is normal. Breast milk is digested faster and babies will become hungry earlier than if they were formula fed.
- Babies need only breast milk or formula for the first 4 months of life. Avoid giving your infant juice or food (including cereal) until 4 months of age (unless your doctor recommends it). Most babies do fine with formula until 6 months of age.
- Do not add cereal to the bottle, unless recommended by your doctor. It does not make babies sleep longer.
- Use only iron-fortified infant formula, unless low iron formula has been recommended by your doctor.
- Avoid putting your baby to bed with a bottle of formula. This may lead to tooth decay.
- Hold your baby upright when feeding. Laying a baby flat to drink a bottle may cause choking or ear infections.
- Do not force your baby to finish a bottle. When your baby gets full, he will turn his head and push the nipple out of his mouth or fall asleep.
- In addition to being hungry, your baby may cry because he is bored, lonely or needs a diaper change.
- Hold your baby close to you and cuddle him as you feed him.
- Look at your baby and let him look at you while he eats.
- Gently try to burp your baby mid-feeding and at the end of each feeding.

Call your baby's doctor immediately if your baby is 3 weeks of age or younger and:

- Has less than 2 stools per day.
- Has less than 6 wet diapers per day.
- His skin turns yellow (jaundice).