General Infant Feeding

Carrie Novak, MS, RD, CSP, LD
Senior Clinical Nutrition Specialist
March 12, 2015
Opening Disclosure
General Infant Feeding

• Purpose/Objectives:
  – Discuss general infant feeding guidelines
  – Review infant formulas
  – Locate electronic nutrition resources

• Disclosure
  – No conflicts of interest were identified
Infant Feeding
0-4 Months Age

• Breast milk, infant formula or combination of both through 12 months age

• Formula/Breast milk feeding schedule:
  – On demand or every 2-4 hours, average of every 3 hours hours or 8-12 feeds per 24 hours
  – Nothing but infant formula or breast milk
Infant Feeding 4-6 Months Age

– Formula/Breast milk feeding schedule:
  • On Demand or every 2-4 hours, average of every 3 hours or 8-12 feeds per 24 hours
  • Average intake 27-45 oz per 24 hours

– Starting baby foods
  • AAP recommends starting closer to 6 months age
  • Mix infant cereal with formula or breast milk
    – Offer 1-2 times per day
Infant Feeding
6-9 Months Age

• Formula/Breast milk feeding schedule:
  – On demand or every 3-4 hours, 6-12 feeds per 24 hours
  – Average intake 24-36 oz per 24 hours

• Baby foods
  – Offer 2-3 times per day
  – Gradually add thicker, chunkier baby foods
Infant Feeding
9-12 Months Age

• Formula/Breast milk feeding schedule:
  – On demand or every 3-4 hours, 6-12 feeds per 24 hours
  – Average intake 20-24 oz per 24 hours

• Baby foods
  – Offer 3-5 times per day
  – Start transition to sippy cup
  – Start transition to soft table foods
General Infant Feeding Tips

• Warm bottle with water or formula warmer
  – Do not put in microwave

• Always use full scoops to mix formula

• Safe tap water is OK
  – Do not need “nursery water”

• Spoon feed cereal and foods
  – No cereal in bottle
General Infant Feeding Tips

• No specific order for introducing food groups

• Offer one new food at a time
  – Wait 3-4 days and evaluate for allergic reaction

• Put baby foods from jar in bowl to feed to infant. Throw away remainder in bowl
General Infant Feeding Tips

• Sit infant in high chair when spoon feeding.
• High risk of choking. Always watch when eating or drinking.
• Do not add salt or sugar to foods.
• Starting baby foods develops oral motor skills NOT good source of nutrition.
General Infant Feeding Tips

- Offer variety of foods
- Encourage self feeding as infant gets older
- AVOID CHOKING HAZARDS
  - Nuts, popcorn, whole grapes, chips, peanut butter, hard candy, raisins, chunks of raw vegetables, hot dogs, coin shape foods
- Only put infant in high chair when time to eat
Infant Formulas

• Missouri WIC contracts with Enfamil brand
• Kansas WIC contracts with Similac brand
• Formula regulation
  – Food and Drug Administration
    • Ensures safety and nutritional quality of infant formula
Premature and Premature Transition Formula

• Premature
  – Premature or low birth weight infants
  – Higher calcium and phosphorus

• Premature transition formula
  • Post hospital discharge formula
    – Premature or low birth weight
    – Higher calcium and phosphorus
Term Infant Formula

- Standard cow’s milk formula
- Cow’s milk formula-reduced lactose
- Cow’s milk formula-added rice starch
- Soy formula
- Hypoallergenic or hydrolyzed protein
- Amino acid based
Specialty Formulas

• For medical conditions
• Organic
• Next Step
• Supplemental formulas when breast feeding or drinking breast milk
• Human milk fortifier
Formula Mixing

• Similac now has 19 kcal/oz and 20 kcal/oz standard concentration

• Most formulas 20 kcal/oz standard concentration

• Special mixing instructions to concentrate formula and breast milk

  
  – Scope

  • Diet Manual

  – Breast milk and formula recipes
Formula Mixing

• Most formulas can concentrate formula to 26 kcal/oz

• Added rice starch formula concentrated only to 24 kcal/oz

• Breast milk concentration
  – Human milk fortifiers
  – Formula
Formula Mixing

• Modulars
  – Can concentrate up to 30 kcal/oz
    • Protein, Carbohydrate, Fat
• All patients/families should be referred to a registered dietitian and/or their physician for recommendations on calorie concentration
• Thickeners managed by Occupational Therapy
Electronic Nutrition Resources

• American Academy of Pediatrics
  – www.healthychildren.org

  • Ages and Stages tab
    – Baby
      » Feeding and Nutrition
    – Toddler
      » Nutrition
Electronic Nutrition Resources-CMH

• www.childrensmercy.org

• For Families and Patients-Health and Safety Resources
  • My Child Has….
    – Care Cards
Electronic Nutrition Resources-CMH

• For Health Care Professionals
  • Providers
    – http://www.childrensmercy.org/providers/
  • Provider Portals
    » Resources for your Practice
  • Medical Resources
    – http://www.childrensmercy.org/Health_Care_Professionals/Medical_Resources/
Electronic Nutrition Resources-CMH Scope

• Special mixing instructions to concentrate formula and breast milk
  – Search “Diet Manual”
    • Breast milk and formula recipes

• Education materials
  – Search “Handouts”
    • Nutrition Services
      – General and lactation
Electronic Nutrition Resources-CMH Scope

• Education materials continued:
  – Search “Care Cards”
    • Click View Care Cards
      – Breast feeding-many materials
      – Infant Feeding-many materials
      – Infant Formula Mixing Instructions
References

- www.healthychildren.org
- www.childrensmercy.org
- http://www.childrensmercy.org/providers/
- http://www.childrensmercy.org/Health_Care_Professionals/Medical_Resources/
- http://scope/Education/Patients_and_Families/Handouts/
- http://scope/Education/Patients_and_Families/Care_Cards/
Questions?