

FEEDING BABY

FROM BIRTH TO SIX MONTHS
Vol. 1 No. 1

BREASTFEEDING IS THE SUPERIOR CHOICE

FEEDING CHOICES	BREASTFEED EXCLUSIVELY	<i>CONTENTS</i>
<p>Listed from Superior to Inferior</p> <p>*BREASTMILK VIA YOUR BREASTS is the far superior way to feed your baby.*</p> <p>MOTHER'S MILK VIA A BOTTLE.</p> <p>BREASTMILK FROM A MILK BANK.</p> <p>BREASTFEEDING AND FORMULA FEEDING.</p> <p>IRON-FORTIFIED FORMULA ALONE FED VIA A NURSING SUPPLEMENTOR.</p> <p>IRON-FORTIFIED FORMULA FED VIA A BOTTLE.</p> <p>From 0-3 months 24-32 oz is USUAL. (Low iron formula is no longer acceptable as it is not only deficient in the fatty acids needed for proper brain, nerve, and eye development but also in iron, which can Even Further affect your child's IQ!)</p>	<p>Exclusively Breastfeed FOR 6 MONTHS to optimally protect your child against ILLNESSES SUCH AS, DIARRHEA, STOMACH FLU'S, FOOD POISONING, EAR INFECTIONS, BRONCHITIS, PNEUMONIA, BLADDER INFECTIONS, CHICKEN POX and MENINGITIS.</p> <p>Exclusively BREASTFEED for a minimum of 6 months to optimally provide protection against chronic diseases such as, DIABETES, LEUKEMIA, LYMPHOMA, MULTIPLE SCLEROSIS, OBESITY, BREAST CANCER, ALLERGIES AND ASTHMA.</p> <p>Other benefits of Exclusively Breastfeeding for 6 months INCLUDE: PROTECTION AGAINST SIDS, PROPER DEVELOPMENT OF JAW, TEETH, EYE AND BRAIN, AND POTENTIALLY INCREASING YOUR CHILD'S IQ by as many as 8 pts.</p>	<p><i>FEEDING CHOICES.....1</i></p> <p><i>BREASTFEED EXCLUSIVELY.....1</i></p> <p><i>MILK SUPPLY.....1</i></p> <p><i>MOTHER'S DIET.....2</i></p> <p><i>BABY'S FIRST FOOD....2</i></p> <p><i>FEEDING CUES.....2</i></p> <p><i>BOTTLES.....2</i></p> <p><i>FOOD ALLERGY.....2</i></p> <p><i>BOTULISM.....2</i></p> <p><i>MOTHER'S MILK.....2</i></p>

MILK SUPPLY

(continued)

nipple inside the mouth and the lips are flared. Correctly latched an infant is able transfer milk from the breast.

*Baby is sucking correctly. At the end of baby's sucking jaw movement, there should be a pause; the longer the pause the more milk baby sucked in. Sometimes a swallow is then heard. Baby should actively suck and swallow like this for at least 10 minutes per feeding.

***Bowel movements** ~the rule of thumb is, what goes in comes out. If baby is having 2-3 substantial (not staining) bowel movements per day in the first 3-4 weeks of life, then baby is probably getting enough milk. The color of the stools should be mustard yellow by day 4.

***BABY ACTS SATISFIED after a feeding.** (See FEEDING CUES)

***Soaked, clear colored, Wet diapers number at least 6 PER 24 hour period.**

***BREAST FULLNESS**~ After a feeding your breasts feel less full than before.

***WEIGHT GAIN IS THE MOST**

SENSITIVE WAY. Baby is gaining adequately if weight is increasing by 1/2 to 1 ounces per day in the first 4 weeks of life. Baby should be back to birth weight by the third week of life.*

Poor ways of judging adequate intake:

- *Mother's lack of breast fullness before a feeding.
- *Baby sleeps through the night.
- *Baby feeds often and/or a long time.
- *Pumping only an ounce or 2.
- *Baby will take a bottle after a feeding.
- *Fussy or colicky baby.

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MOTHER'S DIET

Mom's can eat whatever they like UNLESS there is a family history of severe allergic reactions (like to peanuts, cow's milk, seafood, fish, fruits, wheat, corn, etc.). If this is the case, then talk with your health care provider and refer to the breastfeeding and diet handout for suggestions to minimize your child's chances of becoming allergic.

BABY'S FIRST FOOD

BABY'S FIRST FOOD IS BREASTMILK (or formula if mom cannot breastfeed). **Baby's RARELY need solid food before 6 months as their intestines are not mature enough to digest it properly.** Early feeding of solids can result in food allergies, obesity, and stomach distress. If you must use formula see our, "How to Feed Formula" handout.

FEEDING CUES

LISTEN AND RESPECT YOUR BABY'S CUES THAT HE OR SHE IS HUNGRY or is FINISHED

EATING. Cues that your baby is hungry include: limb movements, fussing, mouthing, and sucking.

Never delay a feeding to meet a schedule~ this creates harmful pain in your child. Children nurse for comfort, thirst and hunger. How can one place an arbitrary schedule on cuddling, thirst (one day may be hotter than another) and hunger in a growing child? At the other extreme, **never force** your baby to Finish a Bottle or Food. (Your baby is the best judge of how much to eat and over-feeding can lead to weight problems.) A newborn baby is satiated after a feeding when he or she appears calm and lays with palms open, eyes half closed and has a relaxed body.

IDEALLY Breastfed babies ARE ALLOWED TO end breastfeeding on their own (all except sleepy newborn babies who may need some help from mom at first).

MILK SUPPLY

IS MY BABY GETTING ENOUGH?
GOOD WAYS TO TELL:

*Baby is latched on correctly. A correct latch has at least 1-2 inches of breast tissue BEYOND the (cont)

BOTTLES

Bottles may be used for, expressed breastmilk when mom cannot feed directly from the breast, iron-fortified formula, or diluted UNSWEETENED juice.

***HOLD BABY CLOSELY WHILE FEEDING!** This is important for proper brain development and prevents accidental death from choking.

***NO SOLIDS** in bottle. (Baby can choke and won't learn to eat with a spoon).

***NO KOOL-AID, NO SODAS** (These have lots of sugar, no nutrients and they suppress baby's appetite).

***LIMIT JUICES** (Juices are lower in nutrition than the fruit itself and they suppress baby's appetite).

***GENTLY Discourage** their use after 18 months for proper tooth development.

***NEVER, EVER PUT BABY TO BED WITH A BOTTLE** (Or your baby may develop bottle caries).

***THAW BREASTMILK**

in a pan or warm water. Microwaving breastmilk weakens its ability to fight disease and using the microwave can result in burns. Expressed breastmilk (or formula) does not need to be served warm anyway.

FOOD ALLERGY:

Signs of allergy include skin rashes such as hives, blotchy red patches, eczema, swelling of the lips or eyelids, coughing, diarrhea and vomiting. Isolated diarrhea and vomiting may be symptoms of food INTOLERANCE rather than allergy, and rashes occurring only in the diaper area probably result from pH changes in the stools.

BOTULISM

Babies under one year may develop **BOTULISM** if given **corn syrup or raw honey**. Breastfed babies are less likely to become ill and are less ill if they get botulism.

MOTHER'S MILK

**Your breastmilk is constantly changing in composition on an hourly, daily, monthly, and yearly basis in order to meet your child's individual needs.*