

## Feeding Your Newborn

Breast milk is the best food for babies during the first year of life. Breast milk provides just the right balance and amounts of nutrients that babies need for good growth and development. It contains substances that may help protect babies against certain illnesses and allergies. It is inexpensive, convenient and helps mothers to lose weight faster. If you choose not to breast-feed or if you stop nursing before your baby's first birthday, infant formula provides the best alternative to breast milk.

*We recommend:*

- ***Similac® with iron Or Enfamil with iron***

American Academy of Pediatrics recommends that babies be given iron-fortified formula. Iron usually will not cause stomach problems or constipation. You should keep your baby on breast milk or formula until his or her first birthday. Cow-milk in any form-whole, 2% or skim- should not be given until the child is one year old. Cow-milk does not supply the balanced nutrition your baby needs, and it is often hard on a baby's sensitive digestive system.

### Feeding Times

Babies differ in their feeding needs and preferences, but most breast-fed babies need to be fed every 2 to 3 hours and nursed 10 to 15 minutes on each breast. If the baby is not finished in 30 minutes, "close up shop" and wait until next feeding. Formula-fed babies usually feed every 3 to 4 hours and finish a bottle in 30 minutes or less. Bottle-fed infants drink about 60 to 120 ml (2 to 4 ounces) at first; by the time they are a few weeks old, their formula consumption generally gets doubled. Discard any remaining formula at the end of feeding. **Do not use honey as sweetener.**

Your new baby may cry as though asking to be fed as often as every two hours. Keep in mind, though, babies do not need to be fed every time they cry. When a baby cries for a short time on a regular basis, he/she may just need more milk at each feeding. Or he/she may be protesting that his/her diaper is wet, or he/she is too hot. It is best not to get into the habit of offering frequent small feedings to please a fussy baby. So, before you offer breast or bottle, be sure your baby is not crying for some other reason unrelated to hunger.

Let your newborn set his/her own feeding schedule but at the same time, do not feed every hourly. Do not watch the clock for him/her. He/she knows how much and how often he/she needs to eat. Lastly do not wake him/her up for a feeding unless it has been at least 5 hours since the last one.

### How much is enough?

How can you tell whether your baby is getting enough breast milk or formula? The best gauge of good nourishment is growth, which is measured by weight and length. Each time your baby comes in for a check-up, we will weigh and measure him/her. It is one reason your baby needs regular checkups in the first 2 years.

### Signs of well fed baby

- Looks and acts satisfied after feedings
- Wets six or more diapers daily (*after 4-5 days of age*).

- Has yellow or frequent dark stool (*after 4-5 days of age*).

Most new babies weigh between 5½ to 10 pounds. The average is about 7½ pounds. During the first days of life, infants generally lose 4 to 10 ounces; breast-fed babies may lose a little more. This is no cause for concern. It is all part of your baby's adjustment to the outside world, and most of the weight loss is water. By 10 days of age, most babies gain back what they lost. Healthy well fed babies usually double their birth-weight by 5 months and triples it by 1 year.

### **Infant Formula**

If you are bottle-feeding your baby, infant formula should be the only form of milk your baby gets in the first year of life. *Similac*®, the formula we recommend, is available in three forms. *Ready to feed* is fed without adding water. *Concentrate* is a condensed liquid, which must be diluted with water. *Powder* must be dissolved in water.

<i>Similac</i> ®	Container Size	What to Do
Ready To Feed	8 & 32 oz. cans	Pour in clean bottle
Concentrate	13 oz. cans	Mix equal parts of water & formula
Powder	14 or 16 oz. cans	Mix 1 scoop of powder with 2 oz. water

*Note:* Always follow directions for mixing and serving exactly as given by the manufacturer.

When your baby comes home from the hospital, he or she will probably take 2 to 4 ounces of prepared formula at each feeding. When he or she is able to empty the bottle start adding another ounce.

### **Wash & Sterilize**

Cleanliness is important for small babies, especially when it comes to things that go in their mouth. So you will need to be careful about keeping formula containers, bottles, nipples, and utensils free of germs. Everything must be washed thoroughly in hot, soapy water and rinsed with plain hot water. Utensils must be kept off from unclean surfaces. You should wash your hands well with soap and water before beginning formula preparation. You may prepare enough formula for one feeding or for a whole day. If you choose to mix the formula, boil water for 5 minutes to kill all germs and cool it before use. Formula prepared should be kept in refrigerator until ready to be used.

After each feeding, rinse the bottle and nipple before the milk film is formed with cool water. If your baby prefers warm formula, warm up to body temperature by placing the bottle in warm water. Prepare the bottle for the baby and make sure that the formula is not overheated by placing few drops on the back of your wrist. **Never use a Microwave oven to warm the formula.**

*Test nipple regularly to be sure the hole is of the right size. If the nipple hole is too small, the baby may get tire of sucking before getting all the formula. If the hole is too large baby may get too much formula too fast, swallowing too much air, therefore causing the baby to choke, vomit or spit up. When the hole size is right, infant formula will drip smoothly without forming a stream when you turn bottle up side down. To enlarge the hole, use hot needle.*

## **Drinking Water**

If you take your baby outside during warm weather, you may want to offer water once or twice a day. Boil plain water and cool it to room temperature before feeding it. However, if you are breast-feeding, hold off giving water until your milk supply is established unless the weather is very hot.

## **Burping**

Burping your baby helps remove air swallowed during feeding. You can wait until the end of the feeding or burp at intervals during feeding. You will soon be able to tell if your baby needs frequent burping.

*Here are 3 good methods:*

- Hold your baby so his/her head rests on your shoulder and his/her chest is against you chest.
- Lay down your baby face down on your lap. Rub or pat his/her back.
- Hold your baby in a sitting position on your lap, with his/her side towards you. Support his/her head and back with one hand, chin and chest with the other. Then gently rock him/her back and forth as if helping him/her "take a bow."

Your baby may spit out small amounts of formula or breast milk. No cause for concern. It happens to all babies. You may be able to reduce the spitting by holding baby upright for 20 minutes after feed, burping your baby more often or longer during and after feedings. If baby vomits large amount each and every feed, please let us know immediately.

## **VITAMINS**

If you are **ONLY** breast-feeding, please give your baby Polyvisol with Iron drops, one ml every day by mouth from 2 weeks of age. (It is over the counter and does not require a prescription for it.) Make sure your baby gets his/her vitamins every day as directed.

**Please do not give your child ANY HERBAL medicine with out our knowledge (Including Gripe Water).**