

Feeding Guide

(NEWBORN THROUGH ONE YEAR OLD)

I. Milk Source in First Year:

A. Breast Milk for as long as mom desires

1. May be supplemented from time to time in mom's absence with formula.
2. Infants fed every 4 hours during the day and may, but is not mandatory, have water between feedings (no more than 1 oz.).

B. Infant Formula (Similac, Enfamil, Isomil, Prosobee) for those not breast feeding.

1. Continue with formula for the entire first year.
2. **NO** whole milk, skim milk, 2% low fat or evaporated milk at any point in 1st year.
3. Infants fed every 4 hours during the day and may (depending on doctor's advice), but not mandatory, have water between feedings.

II. Hints regarding Feeding Volumes and Techniques:

A. Breast Feeding:

1. Feed 15 minutes on one breast and finish with 5 minutes on the opposite breast. Alternate breasts at each feeding.
2. Burp at least every 4 – 5 minutes.
3. Supplement with stored breast milk or formula.
4. Feed every 3 – 4 hours.
5. Water may (but is not required), be given between feedings.
6. Contact physician if mom is placed on medications.
7. Observe mom's diet for foods or drinks which may upset the infant, then avoid.
8. If you decide to stop breast feeding, contact the doctor.

B. Formula Feeding:

1. Feeding Volumes every 4 hours:
 - a) Newborn – 2 weeks = up to 2 ½ oz.
 - b) 2 weeks – 4 weeks = up to 3 – 3 ½ oz.
 - c) 4 weeks – 2 months = 4 oz.
 - d) 2 months – 4 months = 4 – 5 oz.
 - e) 4 months – 6 months = up to 6 oz. (Note: Feedings will be only approximately 4 per day by 6 months)
2. Some infants will sleep through the night early, but the average is 8 weeks of age.
3. Formulas will be Similac with Iron, Enfamil with Iron, or in certain cases Isomil or Prosobee.
4. Please do not change formula without contacting doctor.
5. Soy and lactose free formulas are normally unnecessary for fussy or gassy babies. Consult with physician before starting these formulas.

6. Burp every $\frac{1}{2}$ to 1 oz.
7. Be certain the nipple holes are not too large as the baby will get the formula too fast, not satisfy their sucking time and may develop a stomach ache.
8. Infant is to be on the formula for the entire 1st year of life.
9. Do not let the infant sleep more than 5 hours between feedings during the day, but do not awaken them for feedings at night.

III. Juices:

- A. Do not start juice until 6 months of age. Children do not need juice. It can be high in sugar and calories (even natural juices).

IV. Solids:

- A. Do not start solids prior to 4 months of age.

1. Ideally no solid foods, including cereal, is started prior to 6 months of age.
2. At your 4 month well child exam with your physician, an appropriate time for your child to start solid foods will be established.

- B. Solids start with Rice Cereal

1. Begin with one tablespoon the first morning (with all new foods).
2. The next day, introduce one tablespoon in the morning and one tablespoon in the evening. Follow this schedule for a full week. You may then be able to increase amounts depending on your child's appetite and size.
3. This pattern should be used with each new food.
4. Other cereals such as barley or oatmeal can be introduced separately. Never introduce a new food group in as a mixed variety. Allergies and reactions can be harder to distinguish when foods are introduced in a mixed manner.

- C. Vegetables

1. Do not introduce prior to 6 months of age.
2. Start with strained carrots or peas.
3. Introduce them in the same manner as the cereal. Increase them to $\frac{1}{2}$ jar at lunch and $\frac{1}{2}$ jar at dinner. Remember too much sweet potatoes, squash, or carrots will turn your baby's skin orange.
4. Try to avoid adding more than 2 or 3 new foods in a week. This helps to establish any allergies or reactions your child may have to a new food.

- D. Meats

1. After vegetables, introduce lamb or veal. These are the least allergic of the meats. You can begin introducing them at about 7 or 8 months.
2. Work up to about $\frac{1}{2}$ jar at lunch and $\frac{1}{2}$ jar at dinner. Do not feed with meat dinners. Buy the strained meat and mix your own vegetables in.

- E. Fruits

1. They are to be started last.
2. Start with applesauce and feed about $\frac{3}{4}$ jar per day.

V. Spoon feeding my child

- A. Place the food on the middle of the tongue. Place it on the front causes them to push it back at you. Some children do well by placing the spoon between their lips and letting them suck the food off.

- B. Make sure to use a small spoon while feeding your child.

- C. Children who bat at the spoon or try to hold it benefit from being given another spoon to hold to distract them.

VI. Finger Foods

A. These can be started around 9 or 10 months of age.

1. Or whenever your child develops a pincer grip.

B. Good finger foods include:

1. Cheerios, Rice Krispies, cheese slices, scrambled eggs, slices of canned fruit (peaches, pears, pineapple), banana slices, cracker, cookies, and breads.

C. The child can start eating table food around one year of age. Consult your doctor before beginning.