

Feeding and Nutrition

- An infant should always be fed on demand
- An infant will show you when he is hungry and when he is full
- A hungry infant may
 - ◆ cry and fuss
 - ◆ kick arms and legs
 - ◆ open mouth or make sucking motions
- A full infant may
 - ◆ stop sucking and let go of nipple
 - ◆ look relaxed or sleepy
 - ◆ fuss if you continue trying to feed
- A breastfed baby will nurse every 1.5-3 hours
- A formula fed baby will usually drink about 2-3 ounces every 2-3 hours
- Bottles should never be warmed in a microwave!
 - ◆ set the bottle of milk in a bowl of warm water and test the temperature by dribbling a few drops onto the inside of your wrist
- Infants usually wake during the night to nurse or take a bottle
 - ◆ keep the room as quiet and calm as possible
 - ◆ never prop a bottle to feed the baby
 - ◆ once the baby is finished, remember to place him/her “back” to sleep
- According to the American Academy of Pediatrics, breast milk or infant formula should be the sole source of nutrition for the first 6 months of life
- Ask your healthcare provider about your child’s growth curve, this is a great way to tell if your child is getting adequate nutrition
- Visit the Montelores Early Childhood Council’s website for useful information and links about health and nutrition at <http://monteloresecc.org>

Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child

Home Safety for Newborns

- Always put baby to sleep on his or her back to help prevent SIDS (Sudden Infant Death Syndrome)**
- The safest place for a baby to sleep is in a crib or bassinette with a firm mattress**
 - ◆ crib slots should have openings no wider than 2 3/8 inches apart to avoid injury
 - ◆ no soft toys, pillows, blankets should be in the crib or around your baby while sleeping
- Keep room at a comfortable temperature**
 - ◆ babies can't regulate body temperature as well as adults
 - ◆ being too cold or too hot can be harmful for babies
- All babies cry this is how they tell you they need something**
 - ◆ if you have met all your baby's needs (changing diaper, feeding, burping, cuddling, rocking) and your baby is still crying and inconsolable, you may want to call your health care provider's office
 - ◆ many providers have a nurse/physician on call that can provide support
 - ◆ the only place that it is safe for you to leave baby unattended is in a crib that is free from any soft objects and choking hazards
 - ◆ if you feel upset and overwhelmed about your baby's crying, place the baby in the crib and go to a different room for a short break
- Never shake a baby**
- Do not smoke**
 - ◆ if you or someone in your household does smoke you can still protect you child(ren) from second-hand smoke by smoking outside your house and vehicle and away from your child(ren)
 - ◆ washing your hands after using tobacco products is another good idea