



Baby's First Foods



Breastfeeding



Breastfeeding and Bottle Feeding

What other topic would you like to talk about?



Crying or Sleeping Problems



Formula Feeding



Is My Baby Getting Enough to Eat?

Breastfeeding

Questions:

- Why did you choose this one?
- End the conversation with: How will you use this information?

Suggestions:

- Breast milk is the natural way to feed your baby.
- Breastfeeding is more than food to baby, it is comfort and security.
- Baby is learning how to breastfeed, as baby gets older breastfeeding will get faster and easier.
- During growth spurts it is normal for your baby to eat feed more often.

Handouts:

- "Breastfeeding: You Can Do It!"
- "You Can Make Plenty of Breastmilk"
- Breastfeeding Support services

Baby's First Foods

Questions:

- Why did you choose this one?
- End the conversation with: How will you use this information?

Suggestions:

- Start solid foods around 6 months: watch for signs of readiness. Babies can easily choke on foods.
- Starting solid foods too soon may cause allergies.
- Never put solid food in the bottle.
- Feed your baby from a dish, not from the jar.
- Never feed your baby honey or food made with honey until age 1.

Handouts:

- "Feed Me! Birth to 6 Months"
- "Time for a Cup!"
- "Feed Me! 6 to 12 Months"
- "Making Your Own Baby Food"

Breastfeeding and Bottle Feeding

Questions:

- Why did you choose this one?
- End the conversation with: How will you use this information?

Suggestions:

- Giving only breast milk to your baby for the first month will build your milk supply for baby.
- Breastfeeding is more than food to baby, it is comfort and security.
- Breastfeed when you are with your baby, give pumped breast milk in a bottle when you are away.
- Always prepare formula properly. Never under or over dilute.

Handouts:

- "Pumping and Storing Milk"
- "You Can Make Plenty of Breastmilk"

Formula Feeding

Questions:

- Why did you choose this one?
- End the conversation with: How will you use this information?

Suggestions:

- Always prepare formula properly. Never over or under dilute.
- Always hold your baby when feeding.
- You can bond with your baby by holding her skin to skin during feedings.
- Never prop the bottle or put your baby to bed with a bottle.

Handouts:

- "Feed Me! Birth to 6 Months"
- "When You Feed Me Formula"

Baby's Crying or Sleeping

Questions:

- Why did you choose this one?
- End the conversation with: How will you use this information?

Suggestions:

- Babies aren't suppose to sleep through the night; newborns wake up 3-4 times during the night.
- Crying is normal. Crying is your baby's way of telling you what they need. Newborns cry for about 2 hours a day.

Handouts:

- "Crying and Sleeping"

Is My Baby Getting Enough to Eat?

Questions:

- Why did you choose this one?
- End the conversation with: How will you use this information?

Suggestions:

- Watch for signs of hunger: sucks hand, smacks lips, stretches out arms.
- Signs of getting enough breast milk: count diapers, sucks slowly, lets go of breast, falls asleep.
- If you have concerns with baby's growth talk to his doctor.
- WIC provides enough formula for most babies. You may need to buy more if you run out.

Handouts:

- "What to Expect in the First Week"