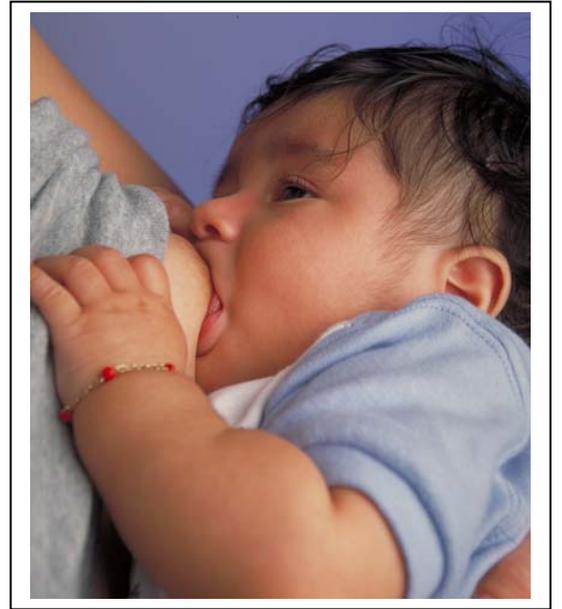


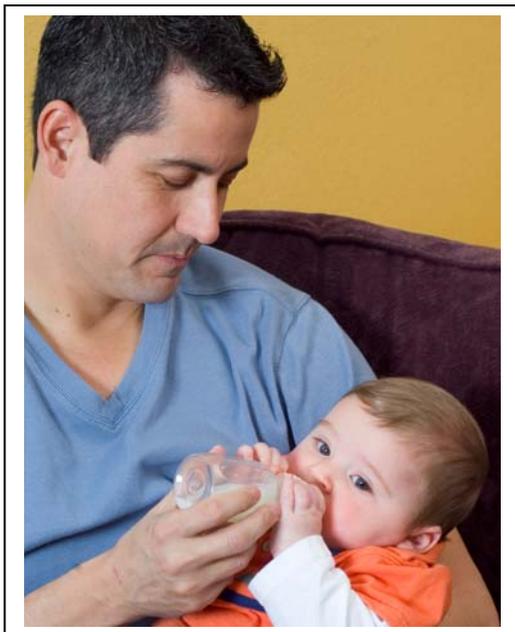
Baby's First Foods



Breastfeeding



Bottle Feeding



Making Baby Food



Breastfeeding

Questions:

- How is breastfeeding going?
- What questions or concerns do you have about breastfeeding?

Facts:

- Breastmilk is the best food for your baby.

Handouts:

- Information about breastfeeding
- Breastfeeding Support services

Baby's First Foods

Questions:

- What questions do you have about first foods for your baby?

Facts:

- Never feed your baby honey or food made with honey.
- Babies can easily choke on foods.
- Starting solid foods too soon may cause allergies.
- Serve juice in a cup, not a bottle.
- Feed your baby from a dish, not from the jar

Handouts:

- "Feed Me! Birth to 6 Months"
- "Feed Me! 6 to 12 Months"
- "Time for a Cup!"

Making Baby Food

Questions:

- What questions do you have about making your baby's food?

Facts:

- Use a strainer, blender, or baby food grinder.
- Never feed your baby honey or food made with honey.
- Do not add salt or sugar.
- Do not serve homemade carrots, spinach, beets, turnips, or collard greens before 6 months.

Handouts:

- "Feed Me! 6 to 12 Months"
- "Making Your Own Baby Food"

Bottle Feeding

Questions:

- What questions or concerns do you have about preparing formula or feeding your baby?

Facts:

- Prepare formula properly. Do not over or under dilute.
- Always hold your baby when bottle-feeding.
- Never prop the bottle or put your baby to bed with a bottle.

Handouts:

- "Feed Me! Birth to 6 Months"
- "How to Prepare Formula"

Is My Baby Getting Enough to Eat?



Baby's Growth



Baby's Growth

Questions:

- What questions or concerns do you have about how your baby is growing?

Facts:

- Babies do not grow at the same rate all the time. They have growth spurts and slower growth periods.

If you have concerns about your baby's growth talk to your doctor.

Is My Baby Getting Enough to Eat?

Questions:

- How is breastfeeding going?
- What questions or concerns do you have about breastfeeding?

Facts:

- Your baby will let you know when she is hungry or full.
- The number of wet and dirty diapers let you know if your baby is getting enough to eat.

Handouts:

- Information about breastfeeding