

Infant Feeding Time

Feeding time is the perfect time for you and your baby to get close. Feed your baby in a place that is quiet and comfortable so you can both relax. Hold your baby often. Babies need to feel loved and secure.

Babies need to be . . .



*Fed, cuddled,
clean, warm and
clothed.*



Talked to often.



*Given medical
care.*



*Kept safe from
danger.*



*Given new
experiences
to encourage
growth and
development.*

Activity 1 Feeding & Growth

Directions: All of the statements below are true. Please read each statement and place a check mark (✓) next to all that are new information to you.

- Babies have small stomachs at birth so they need to be eating often. Babies need to be fed at least 8 times in 24 hours. Some babies will eat more often.
- Babies should be fed when they are hungry. Watch for some of the signs that tell you baby is hungry: moving arms and legs, turning head and opening mouth, sucking on fingers or hands, fussing.
- Counting wet and dirty diapers is one way of knowing if your baby is getting enough to eat. Baby is getting enough to eat if they have six or more wet and four or more dirty diapers every 24 hours by day 5.
- The American Academy of Pediatrics recommends starting solid foods around 6 months when baby is able to sit up with support, hold head steady, open mouth when ready to eat, close lips over the spoon, keep food in mouth and swallow it. Baby will also show she does not want food by turning head away.

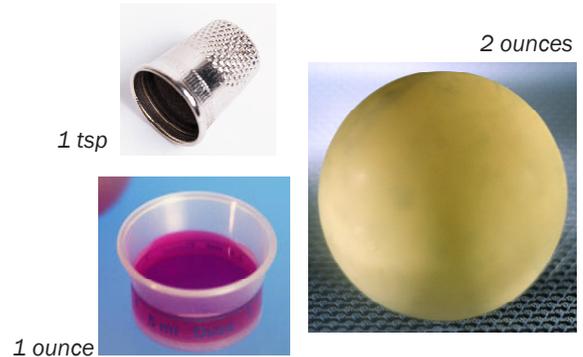
Activity 2 Baby Cues & Development

Circle your answers

1. A baby's hunger cues would be:
 - a. Moving arms and legs, turning head and opening mouth.
 - b. Sucking on hand or fussing.
 - c. Crying.

2. A baby's fullness cues would be:
 - a. Stop sucking and let go of the nipple.
 - b. Close mouth and turn head away.

3. A baby's stomach size
 - a. new born stomach holds about 1 tsp
 - b. baby 3 days old, holds about 1 ounce
 - c. baby 10 days old, hold about 2 ounces



Answer: 1. a,b,c. crying is a late sign, babies learn when all their other cues are ignored. 2. a,b, 3. a,b,c.

Activity 3 Infant Growth & Safety

Read and circle anything you need to remember!



do not need



, or



They get all the liquid they need from breast milk or formula. Please don't give any sweet drinks or soda to your baby.



Feed your



when she is hungry, at least 8 to 12 times in 24 hours.



By 6 weeks of age, many



begin to feed at more regular times, every 2 - 3 hours.



Don't feed honey or foods made with



.



could get serious food poisoning.



You can store pumped breastmilk or prepared formula in the refrigerator. Formula is safe for 2 days. Breastmilk is safe for 4 days. You can also freeze breastmilk-ask WIC how. Do not leave a



at room temperature for over 2 hours. Throw it out!