

my first three months



Congratulations on your new baby!
Breastfeed your baby often.

If you have any questions, ask!

There are breastfeeding experts who want to help.

If your baby is not breastfed,
use infant formula with iron.

a baby's appetite

How much and how often your baby eats during
the first three months will change as he grows.

Be flexible and listen to your baby.

Your baby may be hungry when he:

- turns his head toward your breast or bottle and opens his mouth.
 - starts to suck on his hand or fingers.
 - coos while eating to show that he wants more.
 - fusses or cries.
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Crying can be the last sign of hunger.

Don't wait until your baby cries.

It can be hard to comfort a crying baby.

Learn to read your baby's early signs of hunger.

Your baby may be full when he:

- stops sucking and lets go of the nipple.
 - closes his mouth and does not want to open it.
 - turns his head away from the breast or bottle.
- 

feed with love and smiles

Cuddle your baby in your arms while you feed him.

Quietly talk and smile at your baby. He'll love it!

Don't prop a bottle - Your baby could choke or overeat with a propped bottle. Do not put cereal, juice, fruit punch, tea, soda or other sweet drinks in a bottle.



If your baby doesn't want to finish a bottle of formula, don't push him to eat.

If he fusses for more after finishing a bottle, offer more.

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solid foods?...not yet

Wait until your baby is 6 months old

before starting solid foods, infant cereal, fruits and vegetables. Your baby can get an upset tummy if he eats too soon. Your baby needs breastmilk or formula during the first 6 months.

pacifier?



Your baby may like to suck on a pacifier to comfort himself or fall asleep.

Use a pacifier to replace or delay feedings.

Remove the pacifier after he eats.

Use a pacifier during the first month

of feeding. You can offer a pacifier at

times when breastfeeding is going well.

baby tears

Crying means your baby is hungry. Help you to hold or comfort him. He may cry for a long time. Comfort your baby by cuddling, softly singing, massage or playing music.

sweet dreams

Your baby is growing fast and his tummy can't hold enough to sleep through the night. He may wake up during the night to eat during the first 2 to 4 months.

fall back to sleep

Your baby calm while sleeping during the night.

It will be easier for your baby to fall back to sleep. Put a bottle in your baby's crib. It's a bad habit that is hard to stop.



Ask your health care provider if you have questions about how your baby eats such as:

• if he is drinking too much or too little.
• if he vomits, has an upset tummy, diarrhea or constipation.
• if he is stressed or upsetting for your baby or you.


**growing with
baby steps**

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