



NUTRITION RECOMMENDATIONS FOR THE BREAST FED BABY

NEWBORN	1 MONTH	2 MONTHS
<ul style="list-style-type: none"> <input type="checkbox"/> Night feedings maintain milk supply. <input type="checkbox"/> 8-12 feedings in 24 hrs is typical. <input type="checkbox"/> Duration of 20-50 minutes is normal. <input type="checkbox"/> Don't restrict feedings / Feed on demand. <input type="checkbox"/> Expect appetite spurt at 1-3 weeks old. <input type="checkbox"/> Don't overuse the pacifier. Is baby hungry? <input type="checkbox"/> Vitamins usually not necessary. <input type="checkbox"/> By 1 wk old, expect 6 wets/day and at least 3-4 mustard stools/day. 	<ul style="list-style-type: none"> <input type="checkbox"/> Expect at least one feeding at night. <input type="checkbox"/> Should gain 4-7oz per week. <input type="checkbox"/> 8-12 feedings in 24 hrs is typical. <input type="checkbox"/> Feeding duration may shorten. <input type="checkbox"/> Don't restrict feedings / Feed on demand. <input type="checkbox"/> Expect appetite spurt at 6-8 wks old. <input type="checkbox"/> Don't overuse the pacifier. Is baby hungry? <input type="checkbox"/> Back to work? Pump and freeze milk properly <input type="checkbox"/> If needed, introduce bottle or cup. <input type="checkbox"/> Mom should not diet. Drink to thirst. <input type="checkbox"/> Vitamins usually not necessary. <input type="checkbox"/> Expect 6-8 wets/day and 3-4 loose mustard curdy stools/day. <input type="checkbox"/> Stool frequency may decrease now. 	<ul style="list-style-type: none"> <input type="checkbox"/> Expect at least one feeding at night. <input type="checkbox"/> Should gain 4-7oz per week. <input type="checkbox"/> 8-12 feedings in 24 hrs is typical. <input type="checkbox"/> Feeding duration may shorten. <input type="checkbox"/> Nurse in a quiet place to lessen distractions. <input type="checkbox"/> Don't restrict feedings / Feed on demand. <input type="checkbox"/> Don't overuse the pacifier. Is baby hungry? <input type="checkbox"/> Back to work? Pump and freeze milk properly <input type="checkbox"/> If needed, introduce bottle or cup. <input type="checkbox"/> Delay solids until 6 months old. <input type="checkbox"/> Mom should not diet. Drink to thirst. <input type="checkbox"/> Vitamins usually not necessary. <input type="checkbox"/> Stools several times per day or only once per week. This is normal if it is soft.

4 MONTHS	6 MONTHS	9 MONTHS
<ul style="list-style-type: none"> <input type="checkbox"/> Should sleep more at night, but expect at least one night feeding. <input type="checkbox"/> 8-12 feedings in 24 hrs is typical. <input type="checkbox"/> Baby is easily distracted, not disinterested. <input type="checkbox"/> Nurse in a quiet place. <input type="checkbox"/> Don't restrict feedings / Feed on demand. <input type="checkbox"/> Expect appetite spurt at 6 months. <input type="checkbox"/> Back to work? Pump and freeze milk properly <input type="checkbox"/> Delay solids until 6 months old. <input type="checkbox"/> Mom should not diet. Drink to thirst. <input type="checkbox"/> Vitamins usually not necessary. <input type="checkbox"/> Stools several times per day or only once per week. This is normal if it is soft. <input type="checkbox"/> Stools will change if formula is used. 	<ul style="list-style-type: none"> <input type="checkbox"/> Might be sleeping through the night. <input type="checkbox"/> May follow lower % on weight growth curve. <input type="checkbox"/> Nurse until at least 1 year old, if possible. <input type="checkbox"/> 6-12 feedings in 24 hrs is typical. <input type="checkbox"/> Baby is easily distracted, not disinterested. Nurse in a quiet place. <input type="checkbox"/> Expect appetite spurt at 6 months. <input type="checkbox"/> Back to work? Pump and freeze milk properly <input type="checkbox"/> Mom should not diet. Drink to thirst. <input type="checkbox"/> Iron fortified rice cereal, 2 tbsp/day. <input type="checkbox"/> Advance from #1 to #2 baby food jars. <input type="checkbox"/> Puree your own food if desired. <input type="checkbox"/> Gradually introduce finger foods. <input type="checkbox"/> Introduce a cup. <input type="checkbox"/> Never allow a bottle in bed (causes cavities). <input type="checkbox"/> Fluoride and Vitamins only if prescribed. <input type="checkbox"/> Stools will change when food is given. 	<ul style="list-style-type: none"> <input type="checkbox"/> Should be sleeping through the night. <input type="checkbox"/> May follow lower % on weight growth curve. <input type="checkbox"/> Nurse until at least 1 year old, if possible. <input type="checkbox"/> 6-12 feedings in 24 hrs is typical. <input type="checkbox"/> Baby is easily distracted, not disinterested. Nurse in a quiet place. <input type="checkbox"/> Nursing for comfort is common. <input type="checkbox"/> Back to work? Pump and freeze milk properly <input type="checkbox"/> Mom should not diet. Drink to thirst. <input type="checkbox"/> Iron fortified rice cereal, 2tbsp/day. <input type="checkbox"/> #3 baby foods and/or finger foods from table. <input type="checkbox"/> Use cup more and bottle less (if on bottle). <input type="checkbox"/> Don't let bottle be a toy (harder to wean). <input type="checkbox"/> Never allow a bottle in bed (causes cavities). <input type="checkbox"/> Avoid nuts, popcorn, hot dogs, raw carrots, frozen peas, celery, apples, grapes, raisons. <input type="checkbox"/> Fluoride and Vitamins only if prescribed.

1 YEAR	15 MONTHS	18 MONTHS
<ul style="list-style-type: none"> <input type="checkbox"/> Should be sleeping through the night. <input type="checkbox"/> May follow lower % on weight growth curve. <input type="checkbox"/> Continue nursing as long as you both desire. <input type="checkbox"/> When ready, wean gently and gradually. <input type="checkbox"/> 4-12 feedings in 24 hrs is typical. <input type="checkbox"/> Nursing for comfort is common. <input type="checkbox"/> Iron fortified rice cereal, 2tbsp/day. <input type="checkbox"/> Table foods and finger feeding. <input type="checkbox"/> Increasing appetite fluctuations. <input type="checkbox"/> Whole milk until age 2. <input type="checkbox"/> Wean from bottle. <input type="checkbox"/> Avoid nuts, popcorn, hot dogs, raw carrots, frozen peas, celery, apples, grapes, raisons. <input type="checkbox"/> Brush teeth. <input type="checkbox"/> Fluoride and Vitamins only if prescribed. 	<ul style="list-style-type: none"> <input type="checkbox"/> Breast feeding may be weaned gently and gradually when Mom and baby are ready. <input type="checkbox"/> 3 meals/day + snacks. <input type="checkbox"/> Whole milk until age 2. <input type="checkbox"/> Manners are not important yet. <input type="checkbox"/> Off bottle. <input type="checkbox"/> Limit juices to less than 12 ounces per day. <input type="checkbox"/> Less appetite at this age. <input type="checkbox"/> Avoid nuts, popcorn, hot dogs, raw carrots, frozen peas, celery, apples, grapes, raisons. <input type="checkbox"/> Fluoride vitamins if prescribed. 	<ul style="list-style-type: none"> <input type="checkbox"/> Breast feeding may be weaned gently and gradually when Mom and baby are ready <input type="checkbox"/> Regular family meals <input type="checkbox"/> Whole milk until age 2 <input type="checkbox"/> Off bottle <input type="checkbox"/> Limit juices to less than 12 ounces per day <input type="checkbox"/> Avoid meal time battles <input type="checkbox"/> Avoid nuts, popcorn, hot dogs, raw carrots, frozen peas, celery, apples, grapes, raisons. <input type="checkbox"/> Brush teeth <input type="checkbox"/> Fluoride vitamins if prescribed