

Infant Feeding Guide



Breastfeed as long as you and your baby desire, the American Academy of Pediatrics recommends at least 1 year and the World Health Organization recommends at least 2 years. Iron-fortified infant formula may be substituted if breastfeeding is not possible.



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	0-1 months	1-3 months	4-6 months	6-8 months	8-10 months	10-12 months
Breast Milk	<ul style="list-style-type: none"> Nurse on demand. At least 8-12 times per 24 hr. Plenty of wet & dirty diapers is normal. Skin-to-skin is soothing and helps increase your milk supply. 	<ul style="list-style-type: none"> Nurse on demand. 8-12 times per 24 hr. Going back to work or school? Ask WIC about a pump! 	<ul style="list-style-type: none"> 6-9 times per 24 hr. At 6 months, give foods high in iron, such as iron-fortified infant cereal, baby food meats, and mashed beans/peas. 	<ul style="list-style-type: none"> 4-5 times per day, more if desired Breastfeed before offering food. Breast milk is still the most important food for your baby. 	<ul style="list-style-type: none"> 3-5 times per day, more if desired 	<ul style="list-style-type: none"> 3-5 times per day, more if desired
Iron-Fortified Formula	<ul style="list-style-type: none"> Feed on demand. 1-3 oz. 8-12 times per 24 hr. Hold and talk to your baby during feeding. Let your baby decide when he or she is full. 	<ul style="list-style-type: none"> Feed on demand. 24-32 oz. per 24 hr. 	<ul style="list-style-type: none"> 28-45 oz. per 24 hr. Your baby may settle into a feeding schedule. 	<ul style="list-style-type: none"> 28-35 oz. per day Offer formula before other foods. 	<ul style="list-style-type: none"> 24-32 oz. per day 	<ul style="list-style-type: none"> 16-24 oz. per day Try a cup!
Grains	<ul style="list-style-type: none"> None Cereal should not be added to the bottle. It will not help your baby sleep better and may cause choking. 	<ul style="list-style-type: none"> None Cereal should not be added to the bottle. It will not help your baby sleep better and may cause choking. 	<ul style="list-style-type: none"> The American Academy of Pediatrics recommends starting complimentary foods around 6 months of age. 	<ul style="list-style-type: none"> 1-2 Tbsp. single ingredient cereal 1-3 times per day Iron-fortified infant cereal 	<ul style="list-style-type: none"> 2-4 Tbsp. 2-3 times per day Iron-fortified rice, oat, barley, wheat or multigrain infant cereal Pasta, rice, toast, crackers and dry cereal 	
Fruits & Vegetables	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Signs that your baby may be ready for foods include: Sitting with little support, opening mouth and keeping tongue down when a spoon is offered, and doubling birth weight. 	<ul style="list-style-type: none"> 1-2 Tbsp. 1-3 times per day Pureed or mashed Avoid desserts. 	<ul style="list-style-type: none"> 2-4 Tbsp. 2-3 times per day Mashed or soft, small pieces Pears, bananas, sweet potatoes, avocado, squash, peas, applesauce and carrots 	
Proteins	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Offering foods before your infant is ready may lead to too much weight gain, increase risk for choking, and poor breast milk or formula intake. 	<ul style="list-style-type: none"> 1-2 Tbsp. 1-2 times per day Pureed or mashed Well-cooked or packaged 	<ul style="list-style-type: none"> 1-4 Tbsp. 1-3 times per day Mashed or soft, small bites Well-cooked or packaged chicken, turkey, ground beef, fish, eggs, plain yogurt and tofu 	
Water & Juice	<ul style="list-style-type: none"> None Your baby will get all the fluids needed from breast milk or formula. 	<ul style="list-style-type: none"> None Your baby will get all the fluids needed from breast milk or formula. 		<ul style="list-style-type: none"> Water is best and should be offered in a cup. No more than 2-4 oz. of water per day. 	<ul style="list-style-type: none"> Water is best and should be offered in a cup. No more than 4-8 oz. of water per day. Fruit juice should not be offered until 1 year of age. Never offer sweet drinks like soda, Kool-Aid, or sports drinks. 	

Key: hr.=hour, mo.=month, oz.=ounce, Tbsp.=tablespoon **Packaged Baby Food:** 2.5 oz.= 5 Tbsp., 4 oz.=8 Tbsp., 6 oz.=12 Tbsp.

TIPS

- All infants taking in less than 32 oz/day of formula should take a vitamin D supplement of 400 IU.
- A sudden increase in hunger may be due to a growth spurt.
- Newborns will eat often, this is normal.
- Only breast milk, formula or water should go in the bottle.
- Your baby may start sleeping through the night by 2-3 months.
- Wipe your baby's gums (each night, after feeding, etc) with a clean cloth to prevent future dental problems.
- Start with one new food every 3-5 days.
- Signs of allergy may include wheezing, rash, or diarrhea.
- Foods that could cause choking include grapes, nuts, candy, hot dogs and peanut butter.
- Eat together and model healthy eating.
- Avoid cow's milk (or other milks) and honey for the first year.
- Allow self-feeding as your baby is ready.

To make sure your baby is safe during feeding:

- Never leave your baby alone when eating.
- Wash your hands and all utensils well.
- Cook home-made foods well.
- Never offer high risk foods like unpasteurized dairy.

This guide includes recommendations for the average, healthy infant. Every baby is different, if you have questions or concerns call your doctor to discuss.

Adapted from Montana WIC
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