

# Infant Feeding Guide

	0-1 Month	1-3 Months	4-6 Months	6-8 Months	8-12 Months
<b>Human Milk*</b>	Feed on cue. Offer every 1.5-3 hours. (8-12 times in 24 hours) Many wet & dirty diapers is normal.	Feed on cue. Offer every 1.5-3 hours. (8-12 times in 24 hours)	Offer every 3-4 hours. (6-8 times in 24 hours)  An iron supplement may be needed. Talk to your pediatrician.	Offer human milk before other foods.  Offer 4-5 times/day.  Human milk is still baby's main food.	Offer 3-5 times per day, more if desired.  Try offering human milk in a cup.
<b>Iron-Fortified Formula</b>	Feed on cue. 2-3 oz every 2-3 hours. Hold & talk to baby during feeding. Look for cues baby is full.	Feed on cue. 3-4 oz every 3-4 hours. (24-32 oz/day)	4-6 oz every 3-4 hours. By six months, baby should consume 32oz/day.  Your baby may start to settle into a feeding schedule.	Offer formula before other foods.  Offer 24-32 oz/day.  Formula is still baby's main food.	Baby will consume about 24 oz/day.  Try offering formula in a cup.
<b>Grains</b>	None		<p>The American Academy of Pediatrics recommends starting solid foods around 6 months of age, when baby shows signs of readiness.</p> <p>Solid Food = Any food besides human milk or infant formula.</p> <p>Signs your baby may be ready for solid foods include:</p> <ul style="list-style-type: none"> <li>Has head and neck control.</li> <li>Opens mouth when you offer a spoon.</li> <li>Sits up alone or with support.</li> <li>Is interested in food you are eating.</li> </ul>	1-2 oz/day Iron fortified infant cereal, bread, or pieces of cracker	2-4 oz/day Iron fortified infant cereal and other grains
<b>Fruit</b>	None			2-4 oz/day Plain, strained/pureed/mashed	4-6 oz/day Ground/finely chopped/diced
<b>Vegetable</b>	None			2-4 oz/day Plain, strained/pureed/mashed	4-6 oz/day Ground/finely chopped/diced
<b>Protein</b>	None			1-2 oz/day Plain, strained/pureed/mashed	2-4 oz/day Mashed or soft, small bites
<b>Water</b>	None			Begin offering water in cup (tippy, strawed, or open). Offer small sips.	
<b>Common Allergens</b>	None			Offer a variety of common allergens: Peanuts, tree nuts, soy, shellfish, wheat, cow's milk*, fish, sesame, egg *Wait until 1 year to offer fluid cow's milk.	

## \*Notes on Bottle Feeding Human Milk

- Infant feeding can look different in every household for many reasons.
- If you feed human milk by a bottle, aim to give your baby the amount shown in the *Iron-Fortified Formula* row above.
- If you feed baby human milk *and* formula to meet their nutritional needs, aim for the same frequencies and amounts listed in the *Iron-Fortified Formula* row above.
- It can take time to find the feeding methods that work best for you and baby. Consult your health care provider or the WIC office if you have questions or concerns.

## Current Breastfeeding Recommendations from the American Academy of Pediatrics:

- Exclusive breastfeeding for the first 6 months. Iron-fortified infant formula should be substituted if breastfeeding is not possible or chosen.
- Continued breastfeeding after solid foods are introduced as long as you and your baby desire, for 2 years or beyond.

## Measurements

oz = ounce  
tbsp. = tablespoon  
1 oz = 2 tbsp.

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

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# Infant Feeding Tips

## 0-6 Months

- Skin-to-skin contact promotes bonding, soothing, and can help increase milk supply.
- Babies eat no more than 1-2oz of formula or human milk, per feeding, in the first week of life.
- Fully human milk fed infants and infants drinking less than 32oz formula/day should consume a vitamin D supplement of 400IU daily.
- Human milk fed babies may eat smaller, more frequent feedings than formula-fed babies.
- Cluster feeding is when feedings are bunched together and often, this is normal.
- Only human milk or formula should go in a bottle. Follow instructions when mixing formula.
- Begin wiping your baby's gums with a clean cloth, each day, to establish healthy dental habits.
- When using a bottle, practice Paced Bottle Feeding to prevent over feeding and allow baby to express fullness cues.

## 6-12 Months

- Start with one new solid food every 3-5 days. Start with 1 feeding per day and gradually increase feedings to 3 times per day.
- Introduce iron-rich foods. Common iron rich foods include meat, eggs, beans, iron fortified cereals, and seafood.
- Offer a variety of common allergens. Ask your pediatrician or other nutrition professional for tips on baby friendly options.
- Eat together to model healthy eating habits.
- It can take 10-15 exposures to a new food for baby to accept or like it!
- Allow self-feeding as baby is ready.
- Wait until 1 year of age to introduce fluid cow (and other) milk.
- Wait until 1 year to introduce 100% fruit juice, if desired.
- Begin transition from bottle to cup at 6-9 months. Wean from the bottle by 12 to 14 months.

## How will I know if baby is hungry or full?

Aim to feed baby before they become fussy. Distress and fussiness are late stage hunger cues. The ideal time to feed baby is when they are calmly awake and showing hunger cues (see below).

### Common Hunger Cues

- Licking lips
- Sticking tongue out
- Rooting
- Putting hand to mouth repeatedly
- Sucking on hands
- Opening mouth

### Common Fullness Cues

- Slows/stops sucking
- Extends arms and legs
- Extends/relaxes fingers
- Pushes/arches away
- Turn head away from nipple or food
- Fidgety or easily distracted
- Throws/pushes food away

## Safety Tips for Solid Foods

- Sit with your baby during meal time to minimize risk from choking.
- Wash your hands and all utensils well before feeding baby.
- Avoid high risk food like honey, unpasteurized dairy, and raw or runny eggs.
- Common choking hazards: grapes, nuts, candy, hot dogs, and peanut butter.
- Signs of allergy may include wheezing, rash, or diarrhea.

## Jarred Baby Food Volume to Measure Equivalents



Need a little help? The Supplemental Nutrition Program for Women, Infants, and Children (WIC) is here for you! WIC provides a monthly food benefit, breastfeeding support from licensed lactation support specialists, infant feeding support, nutrition education, and more to income eligible pregnant and breastfeeding women, infants, and children 5 and under. Call us for an appointment!



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6oz jar/pack = 12 tbsp