

## Avoid Giving Solid Foods Too Early

**Breastmilk or iron-fortified formula is the only food your baby needs during the first months.**

There is no advantage to starting solid foods until your baby is ready, usually about 4 to 6 months old. Babies can't control tongue and mouth muscles well enough to eat solid food at an early age.

### Solid foods given too early may:

- Cause overweight babies
- Cause food allergies
- Take the place of some breastmilk or formula that babies really need

Your health care provider will help you decide when your baby is ready for solid food.



## Keep Your Baby Healthy and Safe

- Breastfed babies and babies taking less than 32 ounces of formula a day need a vitamin D supplement beginning shortly after birth. Ask your baby's health care provider about a vitamin D supplement.
- Do not put your baby to bed with a bottle.
- If feeding by bottle, throw away what is left in the bottle when your baby is finished.
- Remember the ABC's of safe sleep: babies should sleep **alone**, on their **back** and in a **crib**.
- Keep your baby away from tobacco smoke.

Visit the Tennessee WIC Program web site at  
<http://tn.gov/wic>

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# Congratulations on the Birth of Your New Baby

Now that you are home with your new baby, it may take 2 or 3 weeks or longer for you to have a feeding routine. Your baby will set the schedule, so relax, take your time and enjoy your new baby.

Give breastmilk or iron-fortified formula until your baby’s first birthday.

## Breastfed Babies

- Be proud you chose to breast-feed. Breastmilk is the best food for your baby that only you can give. It gives the right balance of needed nutrients that helps your baby grow healthy.
- For the first few weeks, breastfed babies nurse 8 to 12 times in 24 hours
- They usually take as much milk as they need. If you have questions, ask your health care provider.



## Formula Fed Babies

General Guidelines for Amounts of Formula	
6-8 pounds	15-20 ounces a day
8-10 pounds	20-25 ounces a day
10-12 pounds	26-30 ounces a day

- Babies grow and develop at different rates. The amount of formula your baby needs depends on his or her age, size and how fast he or she is growing.
- If you have any questions about how much formula your baby needs, ask your health care provider.



Holding your baby is important, especially at feeding time.

Your baby needs to feel loved.

- If bottle feeding, hold the bottle so the nipple is filled with breastmilk or formula. This will help prevent your baby from swallowing air.
- Burp your baby once or twice during and after feeding.
- Don’t try to force your baby to take all the breastmilk or formula if he or she doesn’t want it.
- Your baby will let you know when he or she is full.

