Breastmilk is an important first food for your baby.

Breastfed babies may need to eat every 1 1/2 - 2 hours during the first weeks.

If your baby is not breastfed, he or she needs iron-fortified formula for the first year.

Young babies have small tummies..2-3 oz every 2-3 hours is just about right!

At 4-6 months, babies might eat 4-6 oz every 3-4 hours.

Growth Spurts:
3 weeks
6 weeks
3 months
Babies grow best when you hold them and smile or talk to them in a calm voice. Your baby also “talks” to you with his or her own body language.

“I’M HUNGRY !”

increased alertness

increased activity – sucking or chewing on hands or fingers; moving arms & legs

rooting reflex, mouth opening

“please feed me before I cry”

“I’M FULL !”

falls asleep

spits out nipple

bites or plays with nipple

gets fussy if forced to eat – turns head away, clamps mouth shut