



What you need to know about Feeding your 2-month-old

QUESTIONS TO ASK AT YOUR BABY'S 2-MONTH VISIT:

- How do I know if my baby is hungry or full?
- Is my baby eating enough?
- Should I be putting anything in my baby's bottle besides breastmilk or formula?
- Will adding cereal to my baby's bottle help him sleep through the night?

1 WATCH FOR YOUR BABY'S HUNGER AND FULLNESS CUES.

You have been learning your baby's cues, adjusting to his eating behaviors and creating a schedule. As your baby grows, it is important to continue to learn and make adjustments to new behaviors and needs. And remember: Your baby knows exactly how much he needs to eat.

HUNGER CUES:

Making sucking noises or sucking on his hands

Leaning toward the breast or bottle

Crying or fussing

(This could also mean your baby is too hot or cold, needs to sleep, needs his diaper changed or needs to be comforted.)

FULLNESS CUES:

Sucking less or turning his head away from the breast or bottle

Releasing or turning away from the breast or bottle

Using the breast or bottle nipple as a pacifier

Falling asleep

How much should you feed your baby?

- As your baby grows, there may be more time in between feedings, or he may want to eat more than you are used to. Some of these changes will not last long, as they are linked to baby growth spurts.
- Continue to pay attention to—and trust—your baby's hunger and fullness cues. Letting your baby decide how much to eat will ensure that he gets the right amount of food.

2 YOUR BABY ONLY NEEDS BREASTMILK OR FORMULA.

Breastmilk and iron-fortified formula are designed to provide your baby with the nutrients and fluid he needs. If you breastfeed, your baby may still need vitamin D. Ask your baby's doctor about supplementation.

Why only breastmilk or formula?

- Your baby's little stomach and digestive system are still growing and are not ready for solid foods, like cereal, yet.
- Your baby's kidneys cannot handle anything other than breastmilk or formula yet, so he does not need water (or fruit juice).
- Fruit juice (even 100% fruit juice) can cause diarrhea, diaper rash and future tooth decay—even if it is watered down.

Did you know?



Putting cereal in the bottle to get babies to sleep longer is a myth. By three months old, your baby's stomach will be bigger, so he can eat more and stay fuller longer, and he will naturally sleep longer.

What to expect next:

- Because your baby will be going through growth spurts, you can expect to see some short-lived changes to his sleeping and eating routines. For example, your baby may eat more and/or wake up more often.
- Your baby's little digestive system can only handle breastmilk or iron-fortified formula for the next two to four months. It is best to wait until your baby's digestive system and kidneys are more developed before adding anything other than breastmilk or iron-fortified formula.

Doctor's notes: