

What you need to know about Feeding your 1-month-old

QUESTIONS TO ASK AT YOUR BABY'S 1-MONTH VISIT:

- How do I know if my baby is hungry?
- Is my baby eating enough?
- How do I know if my baby is full?

1 LEARN YOUR BABY'S HUNGER AND FULLNESS CUES.

All babies are born with natural, internal cues that let them know when they are hungry or full and exactly how much breastmilk or formula to drink. Babies use these cues to communicate and to let us know what they need. Learning your baby's cues can help you respond to his needs more quickly, which can lead to a happier, healthier baby.

HUNGER CUES:

Making sucking noises or sucking on his hands

Opening his mouth when touched on the chin, cheek or lips (called rooting)

Crying or fussing*

**Not all crying or fussiness means your baby is hungry.*

FULLNESS CUES:

Starting to suck less or letting milk run down his mouth

Unlatching from the breast or releasing the bottle nipple

Sealing his lips closed, turning attention away from the breast or bottle, or falling asleep

2 CRYING IS YOUR BABY'S WAY OF GETTING YOUR ATTENTION.

Right now, crying is your baby's main form of communication. And while crying or fussing can mean your baby is hungry (if he is displaying other hunger cues), it could also mean a lot of other things. For example, he could be crying because he's too hot or too cold, he's tired, he needs a diaper change or he just needs to be comforted. As you learn your baby's hunger cues, it will become easier to know what he's trying to tell you with each cry.



3 SUCKING IS GOOD FOR YOUR BABY.

Babies love to suck, even when their tummies are full. Sucking helps with your baby's digestion and to keep him calm. If your baby's cues tell you that he is full but he keeps sucking, consider giving him a pacifier or allowing him to suck on his own fingers.

If you are breastfeeding, only consider a pacifier once breastfeeding is well-established.



4 BREASTMILK OR IRON-FORTIFIED FORMULA IS ALL YOUR BABY NEEDS.

Breastmilk and iron-fortified formula are designed to provide the nutrients and the right amount of fluid your baby needs. Breastmilk and formula are digested quickly, so you can expect to feed your baby every two to three hours.

How much should you feed your baby?

- Pay attention to your baby's hunger and fullness cues to help guide how much you feed him.
- It is normal for your baby to eat a different amount at each feeding, even if that means he doesn't finish the whole bottle.
- Trust that your baby knows how much he needs to eat.

Did you know?



Your body knows what nutrients your baby needs, and your breastmilk changes to provide the right balance.

What to expect next:

- Over the next couple of months, it is important to start a routine for feeding, sleeping and playtime. Routines help give your baby a sense of security and help him adjust to his new world. Be patient and flexible, and use your routine as a guide as you learn your baby's cues.
- Your baby's tiny digestive system will only be able to handle breastmilk or iron-fortified formula until he is four to six months old. 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. The American Academy of Pediatrics recommends vitamin D supplementation for all breastfed babies. If you have questions, talk with your baby's doctor.

Doctor's notes: