

Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



Your Baby's First Food: Part 1

Whether you breastfeed or bottle feed should be based on what will make the happiest, most relaxed relationship between you and your baby. Your baby can receive good nutrition by either breast or bottle feeding. Your baby should be breast or bottle fed for the first year.

DO NOT add solid foods until your baby is 4-6 months old. Check with your doctor before adding any solid food to your baby's diet.

Breastfeeding

- Develops feelings of closeness between mother and baby.
- More economical – no need to buy formula for your baby.
- Saves time – there are no bottles to wash or formula to prepare.
- May make weight loss easier for the mother.

Advantages of Breast Milk

- Better for baby – breast milk is the perfect food to meet your baby's nutritional needs. It is easier for your baby to digest and is always the right temperature. Your baby is less likely to get sick or have allergic reactions.
- More sanitary – particularly where safe water and adequate refrigeration facilities are not available.



A working mother can breastfeed by using stored breast milk or formula. If you decide to breastfeed, talk to your doctor about the foods you should eat to supply good milk for your baby. Your baby will benefit from whatever length of time you can breastfeed.

Suggested Readings:

Gerber (1994). *Mealtimes*. Freemont, MI: Author.

Lambert-Lagace, L. (1991). *Feeding your baby: from conception to age two*. Emeryville, CA: Surrey Books.

Reference List:

American Academy of Pediatrics (1993). *Pediatric nutrition handbook*. Elk Grove Village, IL: Author.

Kleinman, R.E. (1994). Build to a variety of foods. *Pediatric Basics*, 69, 2-7.

Spear, B. (1990). Infant feeding choices. In M. Story (ed.). *Nutrition management of the pregnant adolescent*. (pp. 125-130). Washington, D.C.: National Clearinghouse.



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