

Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University

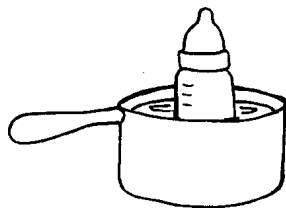


- Tilt the bottle when you feed your baby to make sure the nipple and neck of the bottle are full of formula at all times.
- Burp your baby during and after feedings. Hold your baby upright over your shoulder and pat or rub the back gently.
- Avoid putting too much formula in the bottle. Add enough formula for one feeding at a time. DISCARD any remaining formula in the bottle.
- Offer small amounts of water between feedings to satisfy your baby's thirst.

Bottle Feeding Tips: Part 2

Before Feeding

- Place the bottle of formula in a pan of water and heat the bottle to lukewarm.
- DO NOT use the microwave oven for heating infant formula.



CAUTION

- DO NOT add food such as infant cereals to the bottle or put sweet drinks in the bottle.
- DO NOT prop the bottle while your baby is lying down. Your baby could choke or develop tooth decay from formula left in the mouth.
- Check with your doctor before adding any solid foods to your baby's diet. Infant cereals should not be added until your baby is between 4 and 6 months old. Feeding solid foods too early may cause food allergies or overweight.
- DO NOT use infant feeders or pumps to feed solid foods to your baby. Infant feeders cannot be properly sanitized and do not help your baby to learn to chew and swallow foods correctly.

Tips For Feeding

- Crying is not always a sign of hunger. DO NOT give your baby a bottle every time he or she cries.
- Hold and talk to your baby when you feed. Your baby likes the warmth and security of your arms and to hear your voice.

Suggested Readings:

Gerber (1994). *Mealtimes*. Fremont, 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.

Fomon, S.J. (1994). Pay attention to your baby's appetite to avoid overfeeding or underfeeding. Part I: Establishing habits of eating in moderation. *Pediatric Basics*, 69, 8-10.

Greenspan, S. (1994). Pay attention to your baby's appetite to avoid overfeeding or underfeeding. Part II: Mealtime communication. *Pediatric Basics*, 69, 11-13.



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