



**Feeding Your Baby**  
**Volume 1, Issue 1**  
**0-4 Months Old**

# FEEDING YOUR BABY

## 0-4 MONTHS OLD

Feeding Patterns	2
Meeting Your Baby's Needs	2
More Than Good Nutrition	2
Healthy Diet For Breastfeeding Mom's	3
Can Your Food Change the Flavor of Your Breast Milk?	3
Colic and Your Baby	3

### Breastfeeding Your Baby

Breastfeeding is best for your baby. Here are some things to remember about breastfeeding.

- Breastfeeding is the best nutrition for babies.
- How much milk you make depends on how often and how much you breastfeed.
- Breast milk has antibodies that help babies avoid illness.
- Breastfed babies are less likely to develop allergies.
- Breastfeeding helps you get back into shape and lowers your risk of breast cancer.
- Breastfeeding helps you save money, there is nothing to buy, and clean up is easy.

- Most mom's can breastfeed with a little practice. Remember to drink lots of fluids and don't give up.
- If you are breastfeeding, let your doctor know if you are on any medications.
- Breastfeed your baby for the first year, if possible.

If you have any concerns or questions about breastfeeding, contact:

**La Leche League (530) 878-1855**

Or

**Breastfeeding Coalition (916) 780-6454**

### Bottle Feeding Your Baby

If you have decided to bottle feed your baby, you will use formula. Formula is made to meet the special needs of your baby. There are several different kinds of formula to choose from.

- Powdered Formula—this is the least expensive and is fairly easy to prepare.
- Concentrated formula—this is more expensive than powdered formula.
- Ready to feed—is the most expensive formula, but it is the easiest to use because you don't have to mix it.

The formula you buy should always have Iron in it. This is an important nutrient for your baby. Things to remember when you bottle feed your baby:

- Keep the nipple full, so he or she doesn't swallow air.
- Hold your baby close and prop his or her head up.
- Don't leave your baby alone with a bottle.
- Don't put your baby to bed with a bottle.

## Feeding Patterns

If they are breast feed or formula feed, most babies will set up their own fairly regular feeding times. Some babies like to eat every 3 hours, and some like to eat more often than that. New born babies should only drink breast milk or formula. You can get a pretty good idea



of your baby's feeding pattern by keeping track of the times he or she is hungry. Remember your baby may not be hungry every time he is fussy. Your baby may need burping, a diaper changed, or he may just want to be held.

## Meeting Your Baby's Needs

All your baby's food and nutrition needs for the next 4-5 months can be met with breast milk or formula. Don't worry if your baby is a slow drinker, or drinks less than you think he or she needs. If your baby does not want the last ounce of milk, don't force it. Overeating can cause problems for your baby later in life. Hold your baby close in the bend of your elbow while feeding. Remember that food and loving are both important. This is the time for getting to know each other.

Hiccups are not unusual, especially if your baby is bottle feed. They may be caused by air bubbles that your baby gets from sucking hard on the bottle. Air bubbles can be painful. Burping your baby at least once during a feeding and then again when the feeding is finished also helps.



## More Than Good Nutrition



Feeding your baby provides good nutrition, but it provides other things also. When you feed your baby in a healthy and loving way, you help your baby develop good

feelings about him or herself. Feeding your baby promptly and lovingly gives your baby a feeling of safety and happiness. By feeding your baby appropriate foods at consistent time

intervals, you allow your baby to feel comfortable and content.

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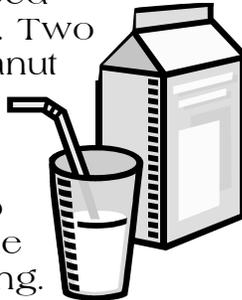
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**Creating healthy  
habits from the start.**

## Healthy Diet for Breastfeeding Mom's

If you breastfeed, you will need about 500 extra calories a day. Two extra glasses of milk and a peanut butter sandwich will give you more than enough extra calories. Try to choose nutritious foods. Remember to drink extra fluids throughout the day when you are breastfeeding.



You will need to drink at least 8-12 cups of water every day. It is OK to drink a cup of coffee or a soft drink when you are breast feeding. However, these drinks have caffeine that passes into your breast milk. It is important that you limit coffee and soda to only one or two cups a day.

## Can Your Food Change the Flavor of Your Breast Milk?

The flavor of your breast milk may vary depending on your diet. Early in life your baby may dislike some of the strong flavors that occur in your breast milk. Over time he or she will become accustomed to what you eat. If your baby becomes upset when you eat certain foods, you might try eating smaller amounts so your baby can become accustomed to the flavor slowly. Your breast milk will usually be white or bluish in color. If you eat a lot of dark leafy green vegetables, the color

of your breast milk may change slightly, but this change is harmless.



## What About Colic and Your Baby

Some babies have crying attacks almost every evening. They scream loudly, draw their legs up sharply, frown, and turn bright red. These attacks can last for hours and are all symptoms of what doctors call colic.

No one knows what causes colic. It is thought that colicky babies may have a lot of gas and cry because they are uncomfortable. By the time a baby is 3 months old, however, the daily colic attacks usually stop.

Listening to a colicky baby and not being able to help can be very frustrating.

Here are a few things you can try in order to clam your baby:

- Sing softly
- Rock gently
- Gently rub the back
- Apply warmth to the tummy

Remember, it is not your baby's fault, and he or she will eventually calm down. If your baby continues to cry hard all day long and nothing seems to help, you should take your baby to the doctor.



**Have Questions?**  
**Call our nutrition consultation**  
**WARM-LINE**  
**530-889-7350**

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## Nutrition BEST is here for you!

**Nutrition BEST** is a no-cost program designed to improve the development of children in Placer County.

**Nutrition BEST** works with WIC, Head Start, and Community Resource Council, Inc. Together we hope to provide you with the knowledge and skills needed to keep you and your baby healthy.

If you have any questions about the nutrition of your baby or child under 5 years old, please call us at:  
**(530) 889-7350**

We will be happy to give you the information you need or we will refer you to someone who can.

**Nutrition BEST** offers informational brochures on a variety of topics. We also offer periodic

workshops on a variety of nutrition topics. Workshops are designed to teach nutrition and make it fun.

Nutrition information can also be found at our website:  
<http://ceplacer.ucanr.edu>

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Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.