

first visit...

newborn

Food for Thought

How many times per day is your baby eating?

How do you tell when your baby is hungry; when your baby is full?

Feeding Advice

- The best food for your baby is breastmilk.
- If you use formula make sure it is iron-fortified.
- Expect to feed your newborn every 2-3 hours.
- Babies will take different amounts of breastmilk or formula at different feedings, it's acceptable if your baby does not finish their bottle at each feeding.
- Your baby knows how much breastmilk or formula to take. When your baby releases the nipple and turns attention to other things, or falls asleep, they are full.
- Not all crying means hunger, sometimes babies have a fussy time, this is normal. Comfort your baby by rocking, massage, cuddling or playing music.
- Always hold your baby at feeding times – this makes your baby feel loved and secure!

Be Active

- Limit time in swings and infant seats.
- Use crib mobiles.
- Encourage kicking, stretching and belly play time.
- Screen time (TV, computer, electronic games) not recommended under age 2.



Notes:

Child's name _____

Height _____ Weight _____

Date _____

Weight for Height percentile _____ %