



State of Illinois
Department of Human Services

Feeding Your Newborn



BABY NEWS

Date: _____

My Name: _____

Today's weight: _____ length: _____

After today's visit, my goal will be...

For breastfeeding support I can contact:

Feeding Tips

- Cuddle and love your baby during feedings.
- Feed your baby before he is upset or crying.

How Much Should I Feed My Baby?

- Newborns only need a small amount of breast milk* at each feeding. Your baby's stomach is only about the size of a large egg at 10 days old.
- Nighttime feedings are needed for baby to grow strong and healthy.
- During growth spurts or when learning, baby may want to eat more often.
- Growth spurts typically last 1-2 days and usually occur around:
 - 2 weeks
 - 6 weeks
 - 2 ½ - 3 months
 - 4 ½ - 6 months
- When baby gets older he will feed less often.
- Allow him to feed as long as he wants. He will tell you when he is hungry and full.



Signs That Your Baby Is Well Fed

- Most newborns will feed about 8 - 12 times in 24 hours (or about every 1 ½ - 3 hours).
- After one week your baby will have 6 or more wet diapers and at least 3 dirty diapers daily.
- Your baby will gain weight.
- Wait to give a pacifier or bottle until baby is about 3 or 4 weeks old and you have good milk supply.

It's Too Early for Solid Foods

- Most babies are not ready for solid foods, such as cereal, until at least 6 months. Giving food too early can cause baby to have allergies, choke or drink less breast milk* than needed.

* or infant formula