Treehouse Pediatrics

FEEDING YOUR BABY

IN THE FIRST 3 MONTHS by Matrescence OCCUPATIONAL THERAPY

FEEDING YOUR BABY

How often should I feed my baby?

Plan to feed your newborn between 8-12+ times each 24 hours. Feeding based on baby's hunger cues can increase the number of times they will eat.

Feeding patterns can change. Babies often eat more during growth spurts, which happen around 2-3 weeks, 6 weeks, and 3 months. Babies may also eat different amounts during different times of day.

How long should a feeding last? Active feeding sessions where your baby is drinking can last between 20-45 minutes at first. Over time, they may get shorter, around 10-20 minutes. Your baby may continue sucking longer for comfort.

HOW TO KNOW YOUR BABY IS GETTING ENOUGH FOOD

Monitor weight gain. Babies should be gaining about 1 ounce per day for the first 3 months. Schedule regular check-ups with the doctor to track growth.

Watch your baby to know when they are full. Follow your baby's cues to know when to stop a feed. They may turn or pull away from the breast or bottle or relax their body.

AGE	STOMACH CAPACITY	MILK VOL./ FEEDING	MILK VOL./ DAY	PEES/ DAY	POOPS/ DAY	STOOL COLOR
DAY 1	marble	< 1 tsp	~ 1 oz	1	1	BLACK
DAY 2	cherry	< 1 tsp	1–4 oz	2–3	1–2	GREENISH/ BLACK
DAY 3	grape	0.5–1 oz	4–8 oz	3–4	3–4	GREENISH/ YELLOW
DAY 4	walnut	1–1.5 oz	8–12 oz	4–6	4+	YELLOW/ SEEDY
DAY 5-7	strawberry	1.5–2 oz	12–18 oz	5–6+	4+	YELLOW/ SEEDY
WEEKS 2-3	large egg	2–3 oz	15–25 oz	5–6+	4+	YELLOW/ SEEDY
MONTH 1-4	orange	3–5 oz	25–35 oz	5–6+	4+	YELLOW/ SEEDY



HUNGER AND FULLNESS CUES

Babies communicate through different behaviors. Learning your baby's cues can help you figure out when they are hungry and when they are full. A baby will usually show you *more than one of these cues* to tell you if they are hungry or full:

Signs of hunger:

- Early signs
  - Brings hands to mouth
  - Turns their head and opens their mouth (rooting)
  - Becomes more awake and active
- Active signs
  - Sucks on hands
  - Smacks or licks lips
  - Opens and closes mouth
- Late signs
  - Cries

Signs of fullness:

- Stops sucking or sucking slows
- Turns head away from breast or bottle
- Body relaxes
- Hands relax and open

HOW TO PACE BOTTLE-FEED

KEEP THE BOTTLE HORIZONTAL
This allows the baby to have a consistent flow

START OFF SLOW
Allow the baby to suck a few times before tipping milk into the nipple.



EXPECT PAUSES
There should be natural pauses in sucking and swallowing.

GIVE BREAKS
If your baby starts gulping, slowly tilt the bottle down to allow them to take a break.

BREASTFEEDING

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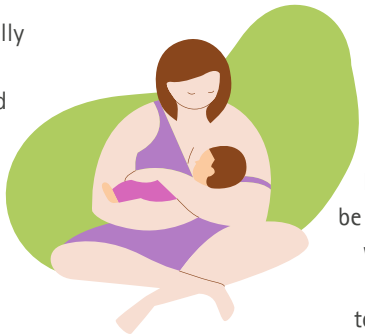
LOOK FOR THESE SIGNS THAT YOUR BABY IS GETTING ENOUGH MILK WHILE AT THE BREAST/CHEST:

- Your breasts feel full prior to the feed and softer after
- Your baby is having enough wet and dirty diapers (see chart)
- Your baby is gaining weight consistently after day 3 of life
- When latched at the breast, your baby has active jaw movements and audible swallows
- Your baby seem satisfied after feeds (relaxed, falls asleep)

GETTING A GOOD LATCH

INSTINCT
Newborns can instinctually make their way to the breast/chest when placed skin-to-skin after birth.

COMFORT
If latching is painful see a Lactation Consultant for help.



ALIGN
Baby's bottom lip should touch your breast first.

AIM
When helping baby to latch, your nipple should be aimed at the baby's nose when they are looking up slightly, and pull baby towards you as they latch.

NIPPLE CARE

Keep your nipples clean and dry. Use nipple cream or breast milk to soothe any soreness.

SUPPLY & DEMAND

Try to breastfeed your baby at least 8-12 times every 24 hours. Offering the breast when your baby seems hungry (including at night!) will tell your body to make the amount of milk your baby needs. Start each feeding with alternate sides.

POSITIONING

CRADLE
Good for babies with head control



CROSS-CRADLE
Great for young babies who need more support and help getting a deeper latch





LAID BACK
Good for strong let down, getting a deeper latch



Ffootball
Great for visualization, small babies



SIDE-LYING
Great for maternal rest, at night.

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BACK TO WORK PUMPING

Plan Ahead: Start pumping and storing milk a few weeks before you return to work. You should have at least one day's of milk on hand to keep ahead of your baby.

Practice with Bottles: Introduce a bottle to your baby a few weeks before returning to work so they get used to it.

Offer thawed breast milk to make sure your baby will accept it. If the milk has a fishy/metallic order, milk may need to be scalded prior to storage.

Paced bottle feeding will help your baby be able to control the flow of milk from the bottle more like they do at the breast. See the other side for more.

Know Your Rights: Learn about your rights for breastfeeding breaks and a private place to pump at work.

PUMPING

Choose the Right Pump: Pick a pump that suits your needs and is easy to use, whether it's manual, electric, or hospital-grade.

Use the flange that fits you: Nipples come in different sizes and so do your pump flanges. Your flange should be well-fitted and comfortable.

Pump whenever your baby eats: Pump every time your baby is eating not at the breast to keep up your milk supply. If you only pump, aim for 8-12 sessions a day.

Store Milk Safely: Store your milk in clean, BPA-free containers. Fresh milk can stay at room temperature for up to 4 hours, in the fridge for up to 4 days, in the freezer for up to 6 months or deep freezer up to a year.

FOR ADDITIONAL BREASTMILK STORAGE SAFETY, VISIT: