



baby basics FEEDING



Objectives

- To identify the benefits, considerations and guidelines of breastfeeding.
- To identify the benefits, considerations and guidelines of formula feeding.
- To identify different stages of feeding solid foods.

Main Menu

-  Breastfeeding
-  Formula Feeding
 -  Bottle Feeding *Video Segment*
-  Baby Food



Breastfeeding



Breast Milk

- Is recommended and considered the best nutritional choice for infants by a number of health organizations
 - the American Academy of Pediatrics (AAP), the American Medical Association (AMA) and the World Health Organization (WHO)

Milk Matters: According to the AAP babies should be breastfed exclusively for the first six months and continue to be breastfed until the baby is at least one year old.

Breast Milk

- Contains all the nutrients a baby needs for the first six months of life
 - lactose, protein and fat
 - all of which are easily digested by a newborn



Milk Matters: Breastfeeding may not be possible for all women. For many, the decision is based on their lifestyle, comfort level and possible medical conditions.

Breast Milk

- Contains important antibodies which help protect against viruses, bacteria and diseases
 - such as pneumonia, diarrhea and respiratory infections
- Promotes healthy weight gain
 - and helps prevent childhood obesity

Milk Matters: Studies indicate breastfed babies are less likely to develop certain medical problems such as, diabetes, high cholesterol, asthma and allergies.

Breastfeeding

- Has positive effects on a baby's long-term brain development
 - breastfed babies have shown to have higher intelligence scores



Milk Matters: Studies suggest breastfeeding may reduce the risk of future behavior and learning problems.

Breastfeeding

- Has multiple benefits for mother as well
 - burns calories
 - helps shrink the uterus after birth
 - lowers risk of postpartum depression
 - protects against breast and ovarian cancer
 - protects against metabolic syndrome
 - saves money

Metabolic Syndrome – a group of conditions which increase the risk of heart disease and other health problems

Breastfeeding

- Meets the emotional needs for both mom and baby
 - the skin-to-skin contact can enhance the emotional connection
 - mothers who are able to meet their baby's nutritional needs often feel confident in their ability to care for a newborn



Baby Burping

- Releases air trapped in the baby's stomach
 - while also making more room for more milk
- Is accomplished in many positions while rubbing or patting the baby's back



Milk Matters: Babies who are not burped during or after a feeding may become fussy.

Baby Burping

- Can be beneficial for babies who spit up often
 - spitting up means the baby has eaten more than the stomach can hold and is usually no cause for concern



Breastfeeding

- Requires a big commitment from a mother
 - some mothers feel tied down by the demands of feeding a newborn
 - breastfed newborn babies tend to eat more often than babies who are fed formula due to the digestion rate
 - mothers who choose to breastfeed may have to avoid certain foods her baby cannot tolerate
 - breastfeeding mothers should also avoid drinking alcoholic beverages

Pumping

- Allows mothers to collect milk for future feeding
 - some mothers choose to go back to work or leave their baby with a loved one occasionally
 - once pumped, other family members or caregivers can feed the baby pumped breast milk in a bottle
- Helps mothers maintain their milk supply when unable to breastfeed directly
 - also stimulates production for increased milk supply

Pumping

- Requires specialized equipment
 - breast pump and accessories
 - such as tubing and shields
 - collection bottles
 - storage bags
 - for refrigerator or freezer
- Includes properly washing all breast pump components



Milk Matters: Most breast pumps use electric or battery power to mimic the sucking action of a baby.

Freshly Expressed Breast Milk Storage Guidelines

Room Temperature	4 to 6 hours
Cooler with Ice Packs	24 hours
Refrigerator	3 to 8 days
Freezer	6 to 12 months



Breast Milk Preparation Guidelines

- Include:
 - thaw milk overnight in the refrigerator
 - or hold the bottle under warm running water to quickly thaw
 - breast milk in a sealed container may also be placed in a bowl of warm water for 20 minutes to bring it to body temperature
 - thawed milk is safe in the refrigerator for 24 hours
 - do not refreeze breast milk

Baby Hunger Cues

- May include:
 - making sucking motions with lips
 - opening and closing mouth
 - rooting for the breast
 - sticking out tongue
 - puckering lips
 - crying



Milk Matters: Babies are born with the ability to regulate how much food they need. All babies have different ways of letting their mothers know they are hungry and each mother will come to recognize their baby's unique hunger signals.

Breastfeeding Basic Guidelines

- Include:
 - in the early weeks of breastfeeding, baby will need to feed eight to 12 times a day
 - this means babies should be fed every two to three hours
 - the length of breastfeeding sessions can vary
 - try not to breastfeed by the clock, but instead when baby seems hungry
 - frequency and length of feeding sessions will continue to change as baby grows

Breastfeeding Tips

- Include:
 - try to breastfeed within the first hour of birth
 - get help from a nurse or lactation consultant when getting started
 - try different breast feeding positions
 - try not to introduce bottles or pacifiers until breastfeeding is well established
 - stay hydrated to ensure a plentiful milk supply
 - breastfeed in a distraction free environment
 - be aware of available breastfeeding products, such as bras, pads and pillows



Formula Feeding



Formula Feeding

- Is also a healthy choice for babies
 - formula is considered the best possible alternative to breast milk



Milk Matters: Mothers should never attempt to make their own formula or feed an infant cow's milk.

Formula Feeding

- May be the only option for some mothers
 - some infants cannot tolerate the proteins or carbohydrates in breast milk
 - premature or low-birth-weight infants who do not gain enough on breast milk alone often improve when formula is added to their diet
 - in some cases, a mother's health may interfere with her ability to breastfeed



Formula

- Contains more protein when compared to breast milk
 - also contains important iron and Vitamin D requirements



Formula Feeding

- Offers many benefits for mothers:
 - provides more freedom and flexibility
 - family members and caregivers can help feed the baby
 - makes it easier to keep a baby on an eating schedule
 - formula-fed babies do not need to eat as often because formula is not digested as quickly as breast milk

Formula Feeding

- Offers many benefits for mothers:
 - allows mothers to accurately measure how much their baby is eating
 - eliminates mothers having to watch what they eat or drink
 - eliminates the need for a breast pump



Formula Feeding

- Requires special considerations and effort
 - formula can be expensive
 - bottle cleaning, sterilizing and storing can be a hassle
 - preparation requires careful attention
 - mothers must always carry formula and bottles when traveling



Infant Formula

- Comes in three types of preparations
 - ready-to-feed
 - the most expensive
 - liquid concentrate
 - less expensive
 - powder
 - most economical
 - mixing directions must be followed carefully



Formula Feeding General Guidelines

Age	Amount per Feeding	Feeding Frequency
Newborn	2 to 3 ounces	Every 3 to 4 hours
1 month	4 ounces	Every 4 hours
2 months	4 ounces	6 to 7 feedings in 24 hours
4 months	4 to 6 ounces	6 feedings in 24 hours
6 months	6 to 8 ounces	5 feedings in 24 hours
1 year	8 ounces	2 to 3 feedings in 24 hours (supplemented with baby food)

Milk Matters: Formula intake varies from baby to baby and a pediatrician can provide guidance specific to the child.

Formula Preparation Guidelines

- Includes the following steps:
 - wash hands thoroughly with soap and water and dry hands with a clean cloth
 - read the formula label to determine the correct water to formula ratio
 - measure and pour desired amount of clean water into baby bottle
 - add unpacked, level scoop(s) of formula to the bottle
 - put the cap back on the bottle

Formula Preparation Guidelines

- Includes the following steps:
 - shake well
 - if desired, heat the formula by placing it in a bowl of warm water for 20 minutes
 - check the temperature of the mixed formula
 - feed baby or store formula according to formula label
 - discard unused formula within the time frame specified on the formula label

Washing Bottles

- Includes the following steps:
 - wash hands with soap and water and dry with a clean cloth
 - wash all feeding and preparation supplies thoroughly in hot soapy water
 - use a clean bottle and nipple brush to scrub the inside and outside of bottles and nipples
 - rinse thoroughly with warm water



Formula Feeding Tips

- Include:
 - throw away any refrigerated milk which has not been used within 24 hours
 - always burp the baby during and/or after feeding
 - formula does not have to be warmed, although most babies prefer it
 - never use a microwave to prepare or warm-up bottles
 - microwaves heat the formula unevenly and hotspots will burn a babies mouth

Formula Feeding Tips

- Include:
 - propping a baby up with a bottle presents a choking hazard
 - always hold the baby during a feeding
 - make sure the nipple hole is the right size for the baby
 - if a baby struggles while eating, the nipple hole may be too small or large



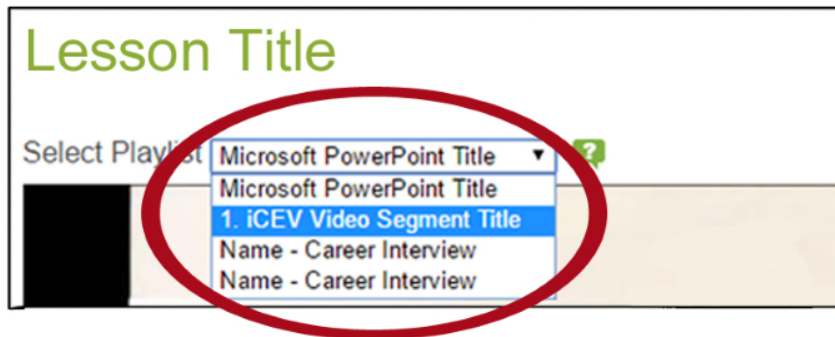


Play iCEV Video

This lesson includes additional video segments to reinforce lesson objectives.

Teacher Instructions:

Show the *Bottle Feeding* video segment



NOTE: This is a graphic example and uses generic names. The names in the Select Playlist drop down menu for the lesson you are viewing will reflect the names of the lesson and video segments.

- 1** To open the video segment, click the name of the video segment in the Select Playlist drop down menu.
- 2** After the video opens, click the play icon to view the segment. Click the icons on the player window to customize how you view the video.
- 3** To reopen the Microsoft® PowerPoint® segments, click the lesson name in the Select Playlist drop down menu.





Baby Food



Baby Food

- Consists of single-grain cereals and purées of fruits and vegetables
 - enabling babies to master chewing without teeth
- Should be introduced to a baby during different stages of development
- Should not be introduced to babies less than four months

Food Fact: Babies under 12 months are not allowed to have honey due a rare but potentially fatal poisoning known as botulism.

Baby Food

- Includes textures and flavors which are slowly introduced based on stages of development, typically:
 - four to six months of age
 - six to eight months of age
 - eight to 10 months of age
 - 10 to 12 months of age



Food Fact: All stages and ages are general recommendations. Questions and concerns should be directed to a pediatrician.

Four to Six Months

- Is the stage at which babies are slowly introduced to single-grain cereal and baby food
 - mix cereal or baby food with formula or breast milk to thin it out
 - gradually decreasing the amount of liquid used in baby food as the baby gets used to more texture
 - babies should have two meals a day
 - approximately two to four tablespoons

Food Fact: Parents can recognize this stage when babies can typically hold their own head up and sit up with support.

Four to Six Months

- Is the stage at which babies are slowly introduced to baby food
 - introduce new fruits and vegetables one at a time, waiting a few days before trying another flavor
 - this allows mothers to watch for signs of allergic reactions

Food Fact: Babies typically start to show interest in watching others eat around this stage.

Baby Food

- Which is introduced from four to six months include thin purées, such as:
 - sweet potatoes
 - carrots
 - squash
 - green beans
 - peas
 - apples
 - pears
 - bananas
 - peaches



Six to Eight Months

- Is the stage in which most parents continue to experiment with baby food flavors and textures
 - incorporating meats into the babies diet
- Is the age when babies should start consuming three meals a day

Food Fact: Parents can recognize this stage when babies can hold their head up and sit upright in a highchair.

Six to Eight Months

- Involves incorporating baby foods which offers new taste and ingredient combinations
 - to encourage the development of healthy eating habit



Baby Food

- Which may be introduced from six to eight months include:
 - sweet potatoes and corn
 - peas, spinach and carrots
 - pears, zucchini and corn
 - apples and chicken
 - carrots, apples and mangos
 - bananas, plums and grapes
 - sweet potatoes and turkey with whole grains
 - macaroni and cheese with vegetables
 - apples, strawberries and bananas



Eight to 10 Months

- Is the stage in which babies can be introduced to chunkier baby foods and soft textured adult foods
 - at this point a baby requires between 750 and 900 calories each day
 - 400 to 500 should come from breast milk or formula

Food Fact: Parents can recognize this stage when babies can pick up objects, such as snacks, with thumb and forefinger and transfer items from one hand to another.

Baby Food

- Which may be introduced during this stage include purées with small fruit, vegetables or meat chunks, such as:
 - broccoli, carrot and cheddar cheese
 - apples and oatmeal with cinnamon
 - bananas, apples and mangos
 - vegetable, pasta and chicken
 - carrots, peas and corn



Small Food Items

- May also be introduced to babies during this stage, such as:
 - small pieces of well-cooked vegetables
 - pea-size bites of chicken or soft meat
 - small amounts of soft cheeses
 - round cereals and cereal puffs
 - diced pasta
 - small pieces of soft fruit
 - baby yogurt snacks
 - teething crackers



10 to 12 Months

- Is the stage in which babies can be introduced to more grown-up foods
 - most foods which are considered healthy, nutritious and have a soft texture are good choices



Food Fact: Babies may show interest in holding their own spoon.

Food Items

- Which may be introduced during this stage include most adult foods, in small pieces and portions, such as:
 - small bits of scrambled eggs
 - well-cooked pieces of potato
 - macaroni and cheese
 - small pieces of soft breads
 - casseroles



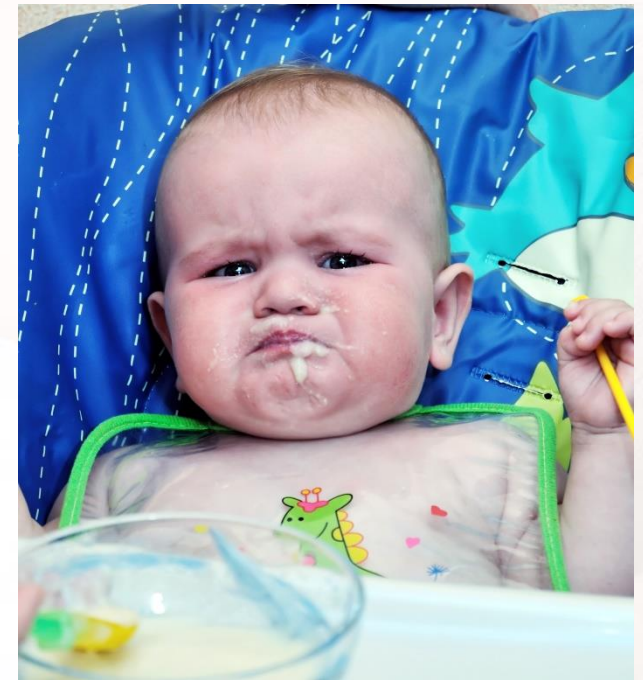
Babies

- Indicate they are hungry using the following signals:
 - licking or smacking lips
 - sucking on hands, lips, clothes, toys
 - opening and closing mouth
 - going to a known eating area
 - such as table or highchair
 - sticking out tongue
 - becoming fussy



Babies

- Indicate they are full using the following signals:
 - turning away from spoon
 - closing and pursing lips when bringing spoon up to mouth
 - spitting out food
 - pushing away food
 - becoming disinterested or distracted
 - removing bib



Baby Feeding Products

- Which mothers may choose to use when introducing solid foods include:
 - highchair
 - baby spoons
 - bibs
 - plastic bowls and plates



Solid Food Feeding Tips

- Include:
 - feed the baby when happy
 - always wash your hands prior to feeding baby
 - provide a distraction free environment
 - try new foods more than once
 - try foods in different forms
 - know the choking hazards
 - such as nuts, grapes and dried cranberries
 - ensure baby is safely seated
 - for example, buckle baby in the highchair

Resources

- <http://www.parents.com/baby/breastfeeding/basics/nursing-101-all-about-breastfeeding/>
- <http://www.breastmilkcounts.com/your-milk-supply/>
- <https://www.pampers.com/en-us/newborn-baby/feeding/article/formula-feeding-guidelines>
- <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/Age-Specific-Content/pages/infant-food-and-feeding.aspx>
- <https://www.thebump.com/a/baby-solid-food-guide>
- <http://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/healthy-baby/art-20046200>

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