



Thames Valley

Family Health Team

Infant Feeding

Content

- Breast/chest-feeding
 - Guidelines and recommendations
 - Substances and breast milk
- Formula feeding
 - Guidelines and recommendations
- Is my baby getting enough?
- Guidelines on first foods



Health Equity Statement

- We acknowledge that this health promotion information does not address all unique cultural beliefs and practices surrounding pregnancy and birth, and we encourage you to have a conversation with your care provider when your cultural beliefs differ from any teaching within this material.



Fed is best!

- Feeding your baby in the first year of life is about:
 - Nutrition
 - Curiosity
 - Sharing and learning

- Attachment also grows as you go about your daily routine with your baby



Infant Feeding: Timelines

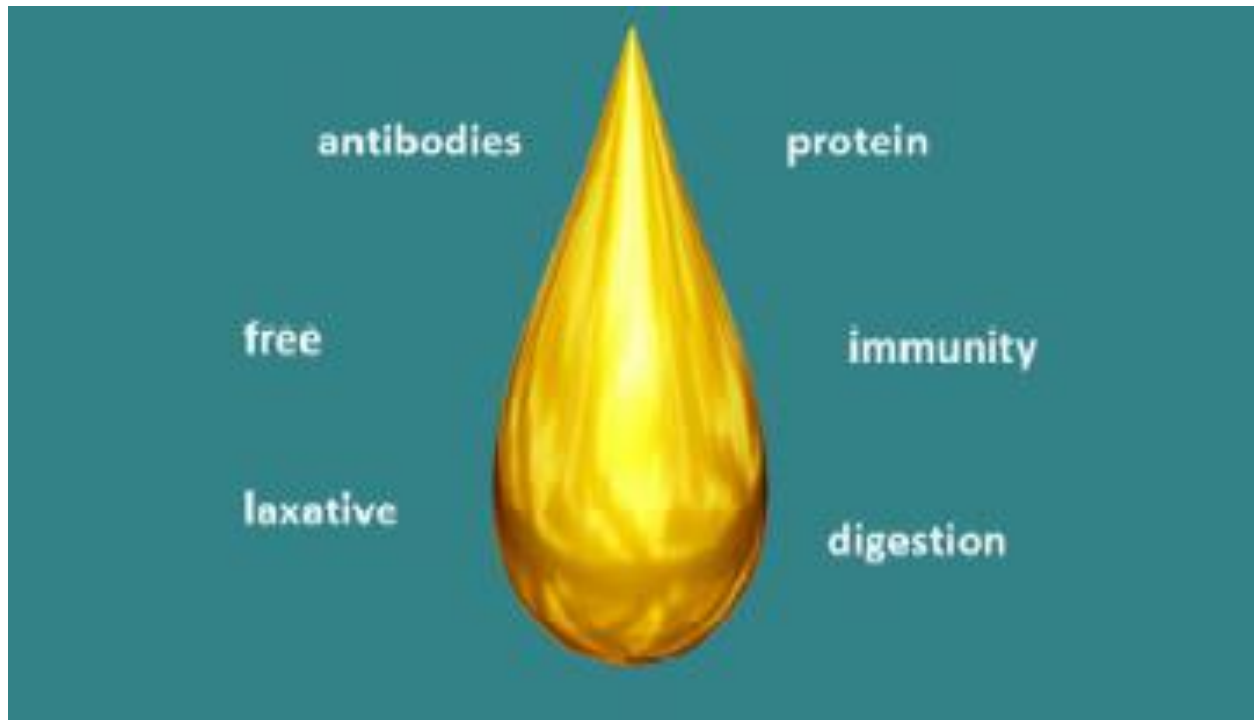
First 6 months:

- Breast/chest-fed babies will get what they need from their mother's milk
- Babies who are exclusively or partially breast/chest-fed should get a daily supplement of vitamin D



Infant Feeding: First 6 Months

- Colostrum



Breast/chest-feeding



- Encourage feeding often (at least eight times in 24h)
- Watch your baby, not the clock
- Try to relax while feeding, using music, breathing or meditations



Position Basics

- Parent and baby are well supported
- Tummy to tummy
- Head, shoulder and hip in straight line
- Baby is brought to the breast/chest, not the breast/chest to the baby



Latch Basics

- Mouth is open wide
- Lower lip covers more of the areola than the upper lip
- Chin is pressed into the breast/chest and the tip of baby's nose lightly touches the breast/chest
- Cheeks appear to be full and rounded (not dimpling in)
- Mouth does not slip off the breast/chest
- The ears or temple are moving while baby sucks



Baby-Led Latching



The Importance of Breastfeeding

For Babies	For Mothers
<ul style="list-style-type: none">• Meets the nutritional requirement for every stage of development.	<ul style="list-style-type: none">• Helps uterus return to normal size and controls bleeding after birth.
<ul style="list-style-type: none">• Promotes brain development.	<ul style="list-style-type: none">• Helps the body return to normal.
<ul style="list-style-type: none">• Decreases the risk for Sudden Infant Death Syndrome (SIDS).	<ul style="list-style-type: none">• Protects from breast cancer, ovarian cancer and diabetes.
<ul style="list-style-type: none">• Increases protection against childhood diabetes and certain childhood cancers.	<ul style="list-style-type: none">• Decreases risk for osteoporosis.
<ul style="list-style-type: none">• Protects against ear, stomach, and respiratory infections.	<ul style="list-style-type: none">• Easy on the budget and the environment.
<ul style="list-style-type: none">• Promotes healthy tooth and jaw development.	<ul style="list-style-type: none">• Less likely to miss work for a sick baby.
<ul style="list-style-type: none">• Decreases risk of childhood obesity.	<ul style="list-style-type: none">• Is convenient and portable.

















What might affect breastfeeding?

- Some infections
- Certain medications or treatments (i.e. chemo or radiation)
- Substance use
- Serious illness
- Postpartum depression and/or anxiety
- Anatomy of breast/nipple
- Mammary gland issues



Is my baby getting enough? Wet & dirty diapers

Baby's Age	1 WEEK							2 WEEKS	3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS		
How Often to Breastfeed? Per day, on average over 24 hours	 <p>At least 8 feeds per day. Baby is sucking strongly, slowly, steadily and swallowing often.</p>								
Baby's Tummy Size	 <p>Size of a cherry</p>	 <p>Size of a walnut</p>		 <p>Size of an apricot</p>		 <p>Size of an egg</p>			
Wet Diapers: How Many, How Wet Per day, on average over 24 hours	 <p>At least 1 WET</p>	 <p>At least 2 WET</p>	 <p>At least 3 WET</p>	 <p>At least 4 WET</p>	 <p>At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE</p>				
Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours	 <p>At least 1 to 2 BLACK OR DARK GREEN</p>		 <p>At least 3 BROWN, GREEN, OR YELLOW</p>		 <p>At least 3 large, soft and seedy YELLOW</p>				
Baby's Weight	Most babies lose a bit of weight in the first 3 days after birth.			From day 4 onward, most babies gain weight regularly. Babies should return to birth weight or more by the age of 10 - 14 days. If parents have any concerns with their baby's weight gain patterns encourage them to consult their health care provider.					
Growth Spurts	Babies often vary the length of time between feeding with some feedings being closer together and others being farther apart. Babies will often feed for varying lengths of time at the breast. Sometimes feedings may be shorter and other times longer. Babies should feed 8 or more times in 24 hours.								
Other Signs	Baby should have a strong cry, move actively and wake easily. Mother's breasts feels softer and less full after breastfeeding.								
Inform parents to get advice, help and support from:									
<ul style="list-style-type: none"> • Their health care provider. • Telehealth Ontario's specialized breastfeeding support line at 1-866-797-0000 or TTY at 1-866-797-0007. • Bilingual Online Ontario Breastfeeding Services directory at www.ontariobreastfeeds.ca 								2017	



Infant Feeding: First 6 Months

- If breast/chest-feeding is not an option, use a store-bought iron-fortified formula for the first 9-12 months
- Formula should be cow milk-based



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Infant Feeding: Timelines

- **Six months and beyond**
 - Continuing with breast/chest feeding and/or formula
 - Introducing solids and high allergenic foods



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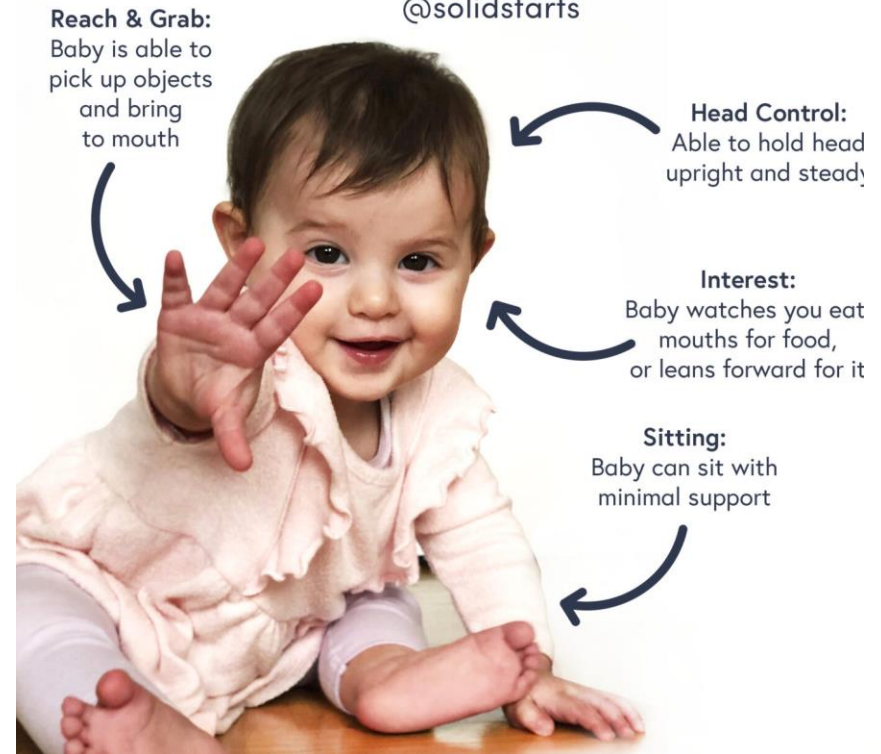


Introducing Solid Foods

- At about 6 months, most babies are ready for solid foods
- Along with other foods, you can continue to breast/chest-feed (if possible) as long as it is comfortable for you and your baby

When Baby is Ready for Solid Food

@solidstarts



Infant Feeding: 6 Months and Beyond

- Continuing with breast/chest-feeding and/or formula
- Meeting milestones and taking cues from baby chart
- Introducing solids, appropriate textures, baby-led weaning and high allergenic foods
- No honey under a year old (risk of infant botulism)



Guidelines on First Foods

First foods - Around 6 months	
Iron-rich foods	Puréed, minced, diced or cooked meat, fish, chicken, tofu, mashed beans, peas or lentils, eggs, iron-fortified infant cereal.
After 6 months	
Grain products	Iron-fortified infant cereal, small pieces of dry toast, small plain cereals, whole grain bread pieces, rice and small-sized pasta.
Vegetables	Puréed, mashed, lumpy or pieces of soft cooked vegetables.
Fruit	Puréed, mashed or lumpy soft fruit. Pieces of very ripe soft fresh fruit, peeled, seeded and diced or canned fruit (not packed with syrup).
Milk products	Dairy foods like full-fat yogurt, full-fat grated or cubed pasteurized cheeses, cottage cheese.
9 to 12 months	
Milk	<p>Whole cow's milk (3.25%) can be introduced if breastmilk is no longer available, between 9-12 months.</p> <p>After 12 months of age, your baby should not take more than 25 ounces (750 mL) of milk per day. Otherwise, they will fill up and won't want to eat solid foods. Too much milk can also lead to iron deficiency anemia.</p>



Introducing Common Food Allergens

- Typically around 6 months of age
- If at high risk of developing an allergy (i.e. eczema, sibling with an allergic condition), you may start after baby is 4 months of age

Common food allergens:

Egg, milk, wheat, peanut, soy, tree nut, shellfish and fish



Age	Physical Milestones	Social Milestones
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Birth to 4 months	<ul style="list-style-type: none"> • opens mouth wide when nipple touches lips • sucks and swallows 	<ul style="list-style-type: none"> • recognizes source of milk by about 10 weeks
4 to 6 months	<ul style="list-style-type: none"> • sucking strength increases • brings fingers to mouth 	<ul style="list-style-type: none"> • socializes during feeding
6 to 9 months	<ul style="list-style-type: none"> • drinks from a cup held by an adult • eats soft food from a spoon • begins rotary chewing (in a circular motion) • enjoys holding food and finger-feeding 	<ul style="list-style-type: none"> • loves to be included at the table for meals • begins to show likes and dislikes for certain foods



Age	Physical Milestones	Social Milestones
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9 to 12 months	<ul style="list-style-type: none"> • tries to use a spoon • starts to finger feed with a more advanced grasp • feeds at regular times 	<ul style="list-style-type: none"> • is aware of what others do • imitates others
12 to 18 months	<ul style="list-style-type: none"> • grasps and releases food with fingers • holds spoon but use is awkward • turns spoon in mouth • uses a cup but may dribble 	<ul style="list-style-type: none"> • wants food that others are eating • loves performing • understands simple questions and requests
18 to 24 months	<ul style="list-style-type: none"> • appetite decreases • likes eating with hands • likes trying different textures 	<ul style="list-style-type: none"> • is easily distracted • prefers certain foods • ritual becomes important



Water and Juice

- Babies who are exclusively breast/chest-fed do not need extra water
- When your baby begins to eat other foods, you can start to offer water occasionally, in an open cup



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Alcohol and Breast/Chest-Feeding

