

Adirondack Pediatrics, PC

PEDIATRIC AND ADOLESCENT MEDICINE

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FEEDING YOUR INFANT (Birth to One year)

BIRTH TO 3 MONTHS

Breast: 8-10 feedings per 24 hours. Nursing usually takes 5-20 minutes per breast, but many babies linger for the pleasure of maternal contact. Burp at least 4 times per feed.

Bottle: Use only the formula recommended by our office. Consult with us about changes in formula. Most babies take 21-25 oz. per 24 hours the first month, and move up to 28-32 oz. by 2 months of age. A small amount (2-4 oz. per day) of sterile water may be offered in warm weather.

DO NOT give solids unless directed to do so by our office. **DO NOT** give regular milk.

4 - 6 Months

Start rice cereal 1 tablespoon per day,, increasing as tolerated, mix it with breast milk, formula or juice (not regular milk). The baby should still get 5-6 breast feeds or 28-32 oz. formula per day.

6 - 9 Months

Add fruits and vegetables by 6 months and other iron fortified cereals, 4 or more tablespoons of each per day. Work up to 3 meals per day. **DO NOT** introduce more than 2 new foods per week. At 8 months you may add plain meats (not "dinner"), then eggs. Start finger foods: Cheerio's, soft, small pieces of fruit or cheese, etc. Introduce the cup. If juice is given limit to 4 oz. per day maximum.

9 - 12 Months

Introduce more table and finger foods - shred, mash or grind them. Avoid salt and sugar. At least 4 breast feeds or 24 oz. of formula per day. Whole cow's milk may be introduced about 2 weeks prior to the 12 month old office visit. **DO NOT** use low fat milk (2%, 1% or skim) before age 2. Avoid preservatives, such as nitrates found in sandwich meat, hot dogs and ham, until age 2.

AVOID: Propped bottle feedings. **DO NOT** add salt or sugar to baby's food or bottles. **NO** honey or whole milk until one year.

NEVER: AS THE CHILD MAY CHOKE TO DEATH! - Whole apples, hot dogs, raw celery, raw carrots, nuts, whole grapes, popcorn, gum or hard candy.

CAUTION: Microwave ovens can heat formula quickly to boiling point. This can cause burns to the mouth or the bottles can explode! The bottles may not feel warm to the touch, but the formula can scald or the rubber nipple can burn. It is suggested that bottles be warmed by another method such as setting the bottles in a pan of hot water until it has reached room temperature.

TIPS: Wash hands before preparing bottles. If making your own baby foods, freeze on cookie sheets by the tablespoon or in ice cube tray and then when frozen transfer to a freezer bag. Be sure to label and date the bag! Thaw when ready to use. Bottles may be served at room temperature. Refrigerate bottles after preparation until ready to use (may be kept in refrigerator 48 hours). **DO NOT** re-use a bottle from which a child has already drunk. Expressed breast milk may be stored for 2 days in the refrigerator, 2 weeks in the refrigerator's freezer or 2 months in a deep freezer.

FINGER FOODS: Jello cubes, toast strips, cooked noodles/macaroni, graham crackers, cheese, Cheerio's, drained, canned vegetables (unsalted), soft peels fruits.