

# *Baby Basics*

*Birth to 6 months*



# Hello!

My name is \_\_\_\_\_

I weigh \_\_\_\_\_ pounds and \_\_\_\_\_ ounces.

I am \_\_\_\_\_ inches long.

A special note for me \_\_\_\_\_

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I'm so excited to meet  
you and can't wait for us to learn  
more about each other! Knowing my  
cues will help us both. Let me tell  
you about them!

## *How do you feed me?*

- All I need to eat for the first 6 months is breast milk or iron fortified formula.
  - Always hold my bottle for me when you feed me.
  - Feed me when I show signs of hunger rather than on a schedule.
  - I need to feel safe in your arms and be able to stop eating when I feel full.
  - Avoid giving me bottles or pacifiers for the first 3 to 4 weeks if I am breastfed.
  - Don't put cereal in my bottle, it could cause me to choke and I can't digest it yet.
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## *How do you know when I'm hungry?*

Crying is the last sign of hunger. Make sure to latch or feed me before I cry and when I show one of the below hunger cues.

- I will root for milk by bringing hands to my mouth, sticking out my tongue, and licking my lips.
  - I will make sucking motions or sounds.
  - I will make fast eye movements in light sleep.
  - Make sure to feed me when I show these cues, don't wait until I cry.
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# How do you know when I'm full?

- I will close my mouth.
- I will turn away.
- I will look relaxed and calm.
- I will fall off your breast or turn away from your nipple.

Age	How much breast milk or formula?	How often?	Breastfeeding frequency
0–4 months	2–4 ounces	Every 1½–3 hours	10 to 12 x in 24 hours, minimum of 8.
4–6 months	4–6 ounces	Every 3–4 hours	6 to 8 x in 24 hours, minimum of 6.

If you want to know how much I'm eating at the breast, contact your WIC International Board Certified Lactation Consultant (IBCLC) for a weighed feeding.



# Food Safety

Feeding me safely will help prevent me from getting sick.

- Before feeding me, clean work surfaces, such as countertops and sinks, with soap and water, or use a disinfectant wipe or paper towel sprayed with cleaning product.
- Do not place feeding items directly in the sink, because germs in sinks or drains could contaminate these items.
- Wash hands with soap and water before preparing infant formula.
- Boil water and let it cool for about 5 minutes.
- Pour the water into a clean bottle or feeding cup.
- Add the exact amount of formula listed on the container.
- Carefully shake the capped bottle rather than stirring the mixture.
- If you plan to use the prepared formula right away, cool the formula to body temperature to ensure it is not too hot before feeding your baby.
- Run the prepared, capped bottle under cool water or place it into an ice bath. Do not let the cooling water get into the bottle or on the nipple.
- Before feeding the baby, test the formula's temperature by putting a few drops on the inside of your wrist. It should feel warm, not hot.

How to store my food?	Refrigerator
Freshly Expressed or Pumped Breast Milk	4 days
Prepared Powdered Formula	24 hours
Ready to Feed Formula	48 hours
Concentrate Formula	48 hours
Thawed Breast Milk	24 hours

Note: Always read the container for preparation and storage.

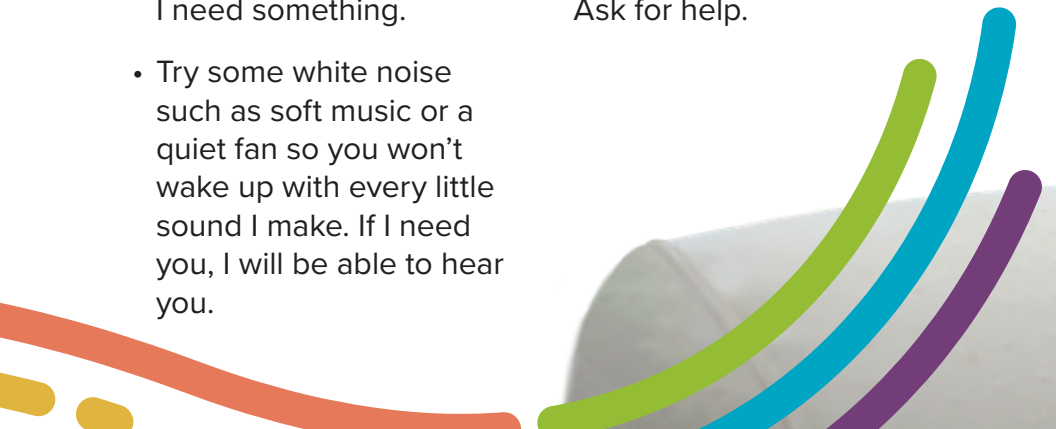
# How much should I be sleeping?

I'm new here but I will need to eat every 1 ½ to 3 hours after I'm born. Always put me on my back for nap time so I can sleep safely.

Age	Sleeping Pattern
0–8 weeks	<ul style="list-style-type: none"><li>• Total time asleep will equal 14 to 16 hours in a 24-hour period</li><li>• Wake up 3–4 times at night to feed.</li></ul>
2 months	<ul style="list-style-type: none"><li>• Stay awake more during the day.</li><li>• Wake 2–3 times during the night to feed.</li></ul>
4 months	<ul style="list-style-type: none"><li>• Wake 2 or 3 times during the night to feed.</li></ul>
6 months	<ul style="list-style-type: none"><li>• Wake once to feed and I may be able to sleep up to 6 hours without waking again for a feeding.</li></ul>

## Here's some sleeping tips for you:

- Keep me in the same room as you. Keep me in a bassinet or crib so you won't have far to go when I need something.
- Keep lights low while you feed me, burp and change my diaper at night. Sleep when I sleep. Ask for help.
- Try some white noise such as soft music or a quiet fan so you won't wake up with every little sound I make. If I need you, I will be able to hear you.



# Growth

I will have growth spurts around:

- 2–3 weeks
- 3 months
- 6 weeks
- 6 months

Don't be fooled by my frequent hungriness if you are breastfeeding, these frequent feedings help provide essential nutrients as I grow. Don't give me formula or a pacifier if I want to eat frequently, your breast milk won't change if it's not listening to me.

You will know I'm getting enough to eat if I'm growing and having at least 6 wet diapers a day.



# Playtime

- I need play time for good health.
- Put me on a clean blanket on the floor on my back and watch how I stretch and kick my legs.
- Read and sing to me every day.
- Provide me with daily tummy time to help me learn how to push up on my arms and roll over.
- Play peek-a-boo and pat-a-cake with me!





# Crying

I know it can be stressful to hear me cry but it's normal and it is how I communicate!

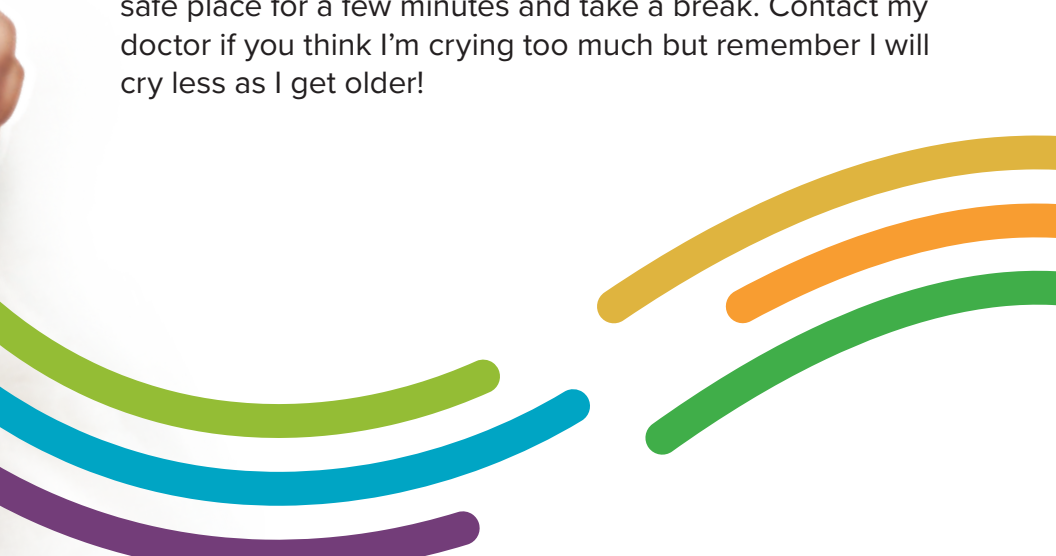
## What does my crying mean?

- I'm tired.
- I'm sick.
- I'm too hot or cold.
- I need a diaper change.
- I need quiet time.
- I'm hungry.
- I need to be burped.

Don't feed me every time I cry, this can cause me to be overfed. If you have tried everything and I'm still crying, soothe me by holding me close and repeating the same action over and over. You can try:

- Gentle rocking
- Singing
- Gently massage my back, arms, and legs

Be patient with me, I'm new here. Ask for help if you get angry or frustrated. If no one is around, lay me down in a safe place for a few minutes and take a break. Contact my doctor if you think I'm crying too much but remember I will cry less as I get older!



## References

1. Wicworks.fns.usda.gov. (2019). WIC Image Gallery WIC Works Resource System. <https://wicworks.fns.usda.gov/resources/wic-image-gallery> [Accessed 25 Mar. 2019]
2. Storing and Thawing Breast Milk. Storing and Thawing Breast Milk. WIC Breastfeeding. <https://wicbreastfeeding.fns.usda.gov/storing-and-thawing-breast-milk>. Accessed March 24, 2019.
3. Cdc.gov. (2019). Proper Storage and Preparation of Breast Milk . Breastfeeding. [https://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm) Accessed 25 Mar. 2019.
4. Centers for Disease Control and Prevention. 2019. Infant Formula Preparation and Storage. <https://www.cdc.gov/nutrition/infantandtoddlernutrition/formula-feeding/infant-formula-preparation-and-storage.html>. Accessed 25 Mar. 2019.







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