Feed Me!



Birth
TO 6 MONTHS

Highlights

Feed Me Birth to 6 Months

My first 6 months are full of changes. I know it is not easy being a new parent. WIC staff can show you how to feed me and answer your questions. In this resource you will find lots of useful tips for feeding me.

These include:

- **Hunger and fullness cues** to help you know when and how much to feed me.
- **Breastfeeding guidance.** Breastfeeding takes practice. The more you breastfeed me, the more milk you will make.
- **How to feed me a bottle.** I always need to be held slightly upright when you feed me a bottle.



Highlights: Feed Me Birth to 6 Months

- **Why I cry.** I cry for many reasons. Crying is normal. Soothing repetition, such as singing or rocking, can help calm me.
- **How to know when I am getting enough to eat.** Check that I have plenty of wet and poopy diapers.
- **Why it is normal and healthy for me to wake up at night.** I need your help to stay safe and comfortable and to be fed.



WIC recognizes that not everyone chooses to use the term breastfeeding. Some parents might prefer the term chestfeeding. Let your WIC counselor know what term you would like to use.



My First Week

It is normal and okay to feel nervous about feeding and caring for me at first. WIC is a great resource to help us! Breastfeeding takes practice—just like learning a new dance.

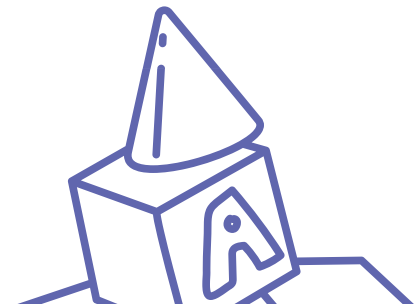
As we get to know each other better, breastfeeding will get easier. The more you breastfeed me, the more milk you will make. If you are feeding me formula, there is much to learn too. Find the basics in When You Feed Me Formula.

Helpful Tips!

Baby Cues

I use cues to tell you what I need. Teach our family what my cues look like.

Watch for more useful tips in the bright yellow boxes. These tips are helpful for babies at any age.



To have enough energy to take care of me and our family, you need to take care of yourself too. WIC has a great resource for you called A Postpartum Guide to Being Healthy for You and Your Baby. Throughout this resource, WIC staff share tips and advice from other parents to help you thrive.

If you are struggling, reach out to WIC or your health care provider right away. There are resources that can help. Caring for me takes the support of a team. WIC is there to help!

How much will I eat in the beginning?



All babies are different. The amount and the time of day I want to eat can vary greatly from day to day. Watch for my hunger and fullness cues to know when to feed me.

- **Breastfeeding:** Your WIC Guide to Breastfeeding has lots of helpful tips. I will want to breastfeed about 8 to 12 times or more every 24 hours.
- **Formula feeding:** When You Feed Me Formula has tips on how much formula to offer me as I grow.



Formula Feeding Babies

In the first few days, I will want to eat about this much:

1–2 Days	**1/2** Ounce	Every **2–3** hours
3+ Days	**1–2** Ounces	Every **2–3** hours
2 Weeks	**3** Ounces	Every **2–3** hours



Helpful Tips!

Hunger Cues: I know when I need to eat

When I am ready to eat, I will show you some of these early hunger cues. When you see several of my hunger cues close together, respond quickly before I cry:

- Keep my hands near my mouth
- Search for your nipple
- Bend my arms and legs toward my body
- Make sucking noises
- Pucker my lips



How do you know if I am getting enough to eat?

- You can tell I am getting enough to eat by my weight gain and the number of diapers I use.
- I will probably lose a few ounces in the first few days. Then, I will gain weight and get back to my birth weight by around 2 weeks. Make sure to take me to my doctor appointments.



Week 1

- You can use the chart to get an idea of the number of diapers I may have. If I have fewer diapers or you have concerns, check with my health care provider or WIC counselor.
- The number of my wet diapers will increase each day the first week.
- At first, my poops will be thick, black, and tarry. By day 3, poops should be thinner and greener. By day 4, poops should be more yellow. By day 5, I will probably have at least 3 to 4 yellow, mustard-like, seedy, loose stools. Only count my poops bigger than the size of a quarter.

	Wet Diapers	Poopy Diapers
1 Day		
2 Days		
3 Days		
4 Days		
5–6 Days		

I may have more wet and poopy diapers each day.



Early Weeks to 4 Months

- I need to eat often because my stomach is small. The amount and time of day still can vary from day to day. Use my hunger and fullness cues to guide you.
- During the first 6 weeks, I may mix up my days and nights and my sleep may be hard to predict.
- At 6 to 8 weeks, I may sleep more at night because I am awake more in the day.



- Please be patient with me. I need to wake up at night to feel safe, to eat, and to have my diaper changed. I also may wake up because I am too hot or too cold.
- I will have growth spurts. These are short periods of time, a few days, when I am growing faster. I will be hungrier and will need to feed more often. Watch for my hunger and fullness cues. I also may be a little fussier. My growth spurts can happen at any time, often around 7 to 10 days, 2 to 3 weeks, 6 weeks, 3 months, and 6 months.



Helpful Tips!

Fullness Cues: I know how much to eat

When I am ready to stop eating, I will show you some of these fullness cues. If bottle feeding, please do not make me finish my bottle. I am full when I:

- Fall asleep
- Push away from your breast or the bottle
- Suck slower or stop sucking
- Relax my hands and arms



Helpful Tips!

Talk to me, play with me, keep me safe

- Please hold me and talk to me. You can bathe me, change my diapers, burp me, read to me, and play with me. I love to spend time with you.
- Put me to sleep on my back on a firm surface in a crib. Make sure there are no pillows, blankets, bumpers or toys in my crib.
- Take me to all my checkups and to get my shots.
- Play with me while I lie on my tummy or my back. I love 5 to 10 minutes of physical activity several times throughout the day.
- Keep me away from smoke.
- Wait until after 6 months to give me water. Do not give me sugar water, honey, or juice.
- Wipe my gums with a clean, wet, soft cloth twice a day.

Helpful Tips!



Feeding from a bottle

- Look at the WIC resource, When You Feed Me Formula, for tips on how to prepare formula, how much to offer, how to store, and lots more. Always hold me and my bottle when feeding me.
- When preparing formula, wash your hands, keep everything clean, and follow the directions on the label for mixing my formula.

  Let me set the pace:

  - » Hold me almost upright so I can see your face.
  - » Wait for me to open my mouth.
  - » Hold the bottle in an almost flat position and let me suck the formula from the bottle at a comfortable pace.
  - » Let me pause and take breaks every few sucks.
  - » Burp me often.

Feeding from a bottle *(Continued)*

- It is normal for me to spit up sometimes. I might spit up more if you try to feed me after I am full.
  - » Check that the hole in the bottle nipple, bottle nipple size, and flow rate are right for my age.
  - » Offer smaller amounts more often.
  - » Keep me upright after feeding and do not bounce me.



Helpful Tips!

I cry for many reasons

Crying can be very stressful, but crying is normal. Crying is one way that I tell you I need something. Here are some reasons why I may cry:

- I need some quiet time.
- I need my diaper changed.
- I want to be close to you.
- I am too hot or too cold.
- I am hungry.
- I need to be burped.
- I am tired.

Helpful Tips!



You can help calm me with soothing repetition, which is gently doing the same thing over and over. If I am really upset, it may take a while to calm me down. Soothing repetition includes:

- Rocking
- Swaying
- Gently patting me over and over
- Speaking or singing softly
- Gently massaging my back, arms, and legs



4 to 6 Months

How long, how often, and how much I feed will change as I grow. Breastmilk or formula are still the most important foods for me. Use my cues to know when I am hungry and full.

Why do I wake up at night?

I know it is hard on you when I wake up so often at night. You may get advice from our family and friends to put cereal in my bottle to help me sleep longer. Please do not do this. My gut is still developing so I may not easily digest solid foods. Put only breastmilk or formula in my bottles.

Around this age there are lots of new reasons why I may be waking up.

These include:

- Changes to my usual routine during the day can upset my sleep at night.
- Pain from teething can keep me from sleeping at night.
- Growth spurts can make me fussy, and definitely make me hungry.
- I may be practicing my new skills, such as rolling over, during the day and at night.



Information About Starting Solid Foods

5 common signs I am ready for solid foods

I need to show you that I can do all 5 of these things before you start to give me solid foods:

1. Sit up and hold my head steady.
2. Put my fingers or toys in my mouth.
3. Show interest in what you are eating.
4. Open my mouth wide and close my lips around a spoon.
5. Keep food in my mouth and swallow it. I do not push the food out with my tongue.

Severe eczema or an existing food allergy

If I have severe eczema or an existing food allergy, I may have a higher chance of having an allergic reaction to some foods. **Talk to my doctor early, before I turn 4 months old, about when and how to introduce these foods.**

Foods that have a higher chance of causing allergies include:

- peanuts
- eggs
- milk or dairy such as yogurt and cheese
- tree nuts
- soy
- wheat
- fish
- shellfish
- sesame

My doctor may recommend that I be introduced to these foods as soon as I show the 5 common signs that I am ready, to help me lower my chance of developing food allergies.



eczema on lighter skin



eczema on darker skin

If I do not have severe eczema or an existing food allergy

If I do not have severe eczema or an existing food allergy, you can start giving me solid foods when I show all 5 common signs. This is usually around 6 months old.



Around 6 Months

- I show all of the 5 common signs that I may be ready to eat solid foods.
- I will drink less breastmilk or formula when I start solid foods. Keep feeding me breastmilk or formula. It is my main source of nutrition.
- I can start learning to drink from an open cup now. An open cup is a cup without a lid. It is the best cup for my development.
- I need some extra iron around 6 months. Offer me a variety of infant cereals and meats.
- WIC has lots of great information about starting solid foods. Look for the pamphlet, Feed Me 6 to 12 months.
- I am waking up less often and sleeping longer at night. Around 6 months I may be able to sleep up to 6 hours at a time.

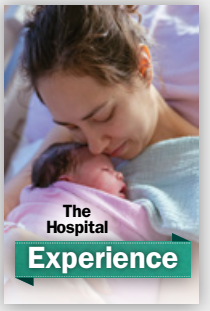
Ask WIC about these resources for babies birth to 6 months

1



Postpartum Guide to Being Healthy for You and Your Baby
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2



The Hospital Experience
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3



When You Feed Me Formula
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4



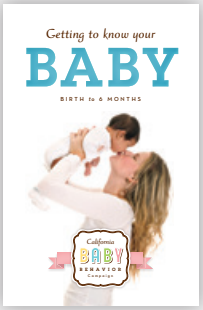
Your WIC Guide to Breastfeeding
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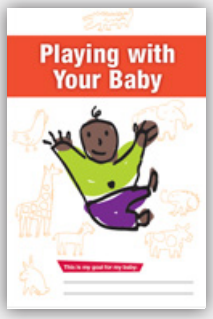
Let Your Baby Set the Pace
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Getting to Know Your Baby
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Playing with Your Baby
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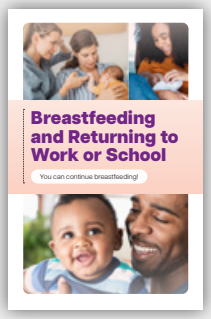
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9



Too Soon for Solid Foods
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Breastfeeding and Returning to Work or School
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Peanut Butter Hummus

Try this new combo of peanut butter and hummus with veggies or pita chips.

8 servings

Ingredients

- **2** cups canned chickpeas (low-sodium, rinsed)
- ¼ cup broth (chicken, low-sodium)
- ¼ cup lemon juice
- **2** ½ tablespoons garlic (diced)
- ¼ cup peanut butter (or another nut or seed butter)
- **1** tablespoon olive oil
- ¼ teaspoon cayenne powder (or substitute paprika for less spice)

Steps

To prepare the hummus, combine all ingredients for the dip and mix them in a food processor or blender. Puree until smooth.

Use as a dip with vegetables or as a spread on breads and crackers.



Source: NIH: National Heart, Lung and Blood Institute

Yucatan Chicken Tacos

Serve these tasty tacos with extra cilantro and lime wedges.

4 servings (2 tacos per serving)

Ingredients

- **1½** tablespoons balsamic vinegar
- **1** tablespoon finely chopped canned chipotle peppers in adobo sauce
- ¼ teaspoon garlic salt
- **2** cups chopped or shredded, cooked chicken breast
- **2** cups shredded cabbage or prepared coleslaw mix
- ¾ cup finely chopped red onion
- **8** (6-inch) corn tortillas
- ¼ cup crumbled Añejo or Panela cheese
- **1** avocado, peeled, pitted,and chopped



Steps

In a medium bowl, mix together balsamic vinegar, chipotle peppers, and garlic salt. Add in chicken, cabbage, and onion, mix well.

To warm tortillas, heat in a hot skillet for 1 minute on each side. Or place tortillas on a large plate and top with a damp paper towel. Microwave on high for 2 minutes or until tortillas are warm.

Spoon filling into warm tortillas and top with cheese and avocado.

Source: CalFresh Healthy Living



CDPH
California Department of Public Health

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