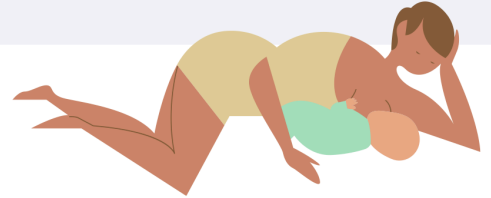


Global Perinatal Services

Breastfeeding Benefits

Breastfeeding Decreases The Risk Of:

Baby	Mother
<ul style="list-style-type: none">• Asthma• Obesity• Type 1 diabetes• Severe lower respiratory disease• Acute otitis media (ear infections)• Sudden infant death syndrome (SIDS)• Gastrointestinal infections (diarrhea/vomiting)	<ul style="list-style-type: none">• Breast cancer• Ovarian cancer• Type 2 diabetes• High blood pressure• Postpartum Depression



Exclusively Breastfeed: First 6 Months

Continue to breastfeed while introducing complementary foods for at least 1 year

Vitamin D:

Helps your baby build strong bones and prevent rickets. All children need vitamin D beginning shortly after birth:

- **12 months or less: 400 IU of vitamin D each day**
- **12 to 24 months: 600 IU of vitamin D each day**

Breastfeeding usually does not provide all the vitamin D a baby needs. Talk to your baby's health care provider regarding a supplemental source such as over-the-counter vitamin D drops



Iron:

If your child does not get enough iron, your child may develop anemia.

- Breast milk can provide iron.
- At about 4 months old, introduce an additional source of iron. Child standard over-the-counter iron drops that contain enough iron at **1mg/kg per day**.

Stool

Newborn's transitional stools (a sign that baby is starting to digest breast milk) and transitioning to normal baby poop. Will be greenish yellow or brown and loose and grainy in consistency.

Mustard-like (usually yellow, green or light brown in color) and the consistency will be loose, watery, seedy, mushy, creamy, or pasty .



How Much and How Often to Breastfeed

First Days

- As often as every **1 to 3 hours**. Frequent feeding helps increase your milk supply.
- Most babies who are getting breast milk should **NOT** be fed infant formula in the first few days.

First Weeks and Months

- Your baby will gradually be able to drink more breast milk at each feeding.
- Every **2 to 4 hours** (about **8 to 12 times** in 24 hours)
- Some babies may feed as often as every hour at times (cluster feeding).

6 to 12 Months

- Follow your baby's cues rather than the clock and breastfeed when you notice signs of hunger (smacking their lips or clenching their fist in their mouth)
- Try to breastfeed first before you offer solids.

12 to 24 Months

- Breastfed babies' feeding patterns will vary. Continue to follow baby's cues.



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Formula Bottle Feeding

How To Prepare Formula

1. Make sure the formula is NOT expired
2. Wash your hands with soap and warm water before preparing bottles.
3. Always use a clean bottle and nipple and use water from a safe source to mix with formula.
4. Measure and use the exact amount of water and then formula powder listed on the instructions of the infant formula container. DO NOT dilute formula by adding extra water.
5. Shake infant formula in the bottle to mix. DO NOT stir.
6. Test the temperature of the formula before feeding it to your baby by putting a few drops on the inside of your wrist. It should feel warm, NOT hot. Never warm infant formula in a microwave instead place the bottle under running warm water or into a bowl of warm water for a few minutes.
7. After feeding, thoroughly clean the bottle and nipple before the next use.

How To Store

1. Prepared infant formula needs to be used within 1 hour from start of feeding and 2 hours of preparation.
2. Unused prepared infant formula within 2 hours, should be stored in the refrigerator and used within 24 hours.
3. Dispose infant formula that is left in the bottle after feeding. Do NOT refrigerate it to save for later. Bacteria can grow due to the infant formula and the baby's saliva.



Tips

- If your baby is younger than 3 months old, was born prematurely, or has a weakened immune system, try to take extra precautions when preparing formula
- Do not force your baby to finish the bottle
- Position the bottle at an angle and not straight up
- Most infant formulas need to be used within 1 month of opening the container so rite down when you first open the container.



How Often to Feed

First Days

- **1 to 2 ounces** of infant formula every **2 to 3 hours (8 to 12 times in 24 hours)** if your baby is **ONLY** getting infant formula and **NO** breast milk.



First Weeks and Months

- Every **3 to 4 hours** for most infant formula-fed babies
- **32 ounces** of infant formula per day contains **400 IU of vitamin D**. If your baby is drinking less than this amount per day, they may need a vitamin D supplement.

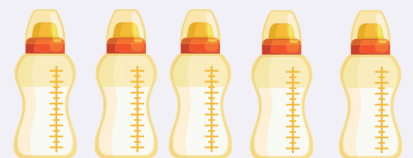
6 to 12 Months

- Follow your baby's cues rather than the clock and feed when you notice signs of hunger (smacking their lips or clenching their fist in their mouth)
- May need infant formula or solid foods about **5 to 6 times in 24 hours**



12 to 24 Months

- Gradually switch from infant formula to fortified cow's milk



Stool



Newborn's transitional stools (a sign that baby is starting to digest infant formula) and transitioning to normal baby poop. Will be greenish yellow or brown and loose and grainy in consistency.



Yellowish-brown or brown, soft and slightly formed