

Airplane Choo Choo FEEDING TIPS FOR 0-6 MONTHS

The American Academy of Pediatrics recommends exclusive breastfeeding for approximately the first six months of life and continuation after complementary foods have been introduced for at least the first year of life and beyond, as long as mutually desired by mother and child.⁴ If breastfeeding is not an option, iron-fortified infant formula will meet the needs of full-term healthy babies for the first 6 months of life.⁴

**Breast Feeding Tips***

- Plan to begin nursing your newborn within the first hour of birth.⁴
- Work with your pediatrician to track your baby's feeding patterns to ensure the infant is eating enough for growth. Breast fed infants should be supplemented with vitamin D.⁴

Storage Tips

- When away from your baby continue to pump at regular feeding times and refrigerate the milk within 4 hours.^{2,5}
- Refrigerated breast milk should be used within 4 days of collection. If milk will not be fed within 24 hours freeze it.⁶
- Breast milk can be frozen for up to 9 months. Thaw frozen milk under warm running water.⁶
- Thawed breast milk can be stored in a refrigerator, but must be used within 24 hours or discarded.⁶

Formula Feeding Tips*

- Iron-fortified infant formula is the most appropriate substitute feeding for full-term healthy infants during the first year of life, who are not breast-fed.⁴
- Work with your pediatrician to track your baby's feeding patterns to ensure the infant is eating enough for growth.
- Your baby knows when they're full; there is no need to force your baby to finish their bottle.⁴

Storage Tips

- Always refrigerate prepared formula in bottles.⁶
- Never heat the bottle in the microwave. The milk can become too hot, even if it only feels warm to the touch. Warm bottles under warm running water or by placing in a bowl of warm water.^{5,6}

Do Not Do

- Do not give your baby cow's milk or other animal milks.
- Do not give your baby plant-based milk alternatives.
- Other than breast milk or pediatrician-approved formulas, you should not be giving your baby any other liquids at 0-6 months.

*Consult your pediatrician for specific questions on feeding your child (timing, amounts, etc.).



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Reference List



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